



DECEMBER FOREVERWELL® SCHEDULE

Alexandria Area YMCA

MON	TUE	WED	THU	FRI
1 Water Fitness 8:10 am Pool Deep Water 9:10 am Pool Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i>	2 Power Waves 8:10 am Pool Guest Reader 9:30 am CW/CC FW Cardio 11:15 am B	3 Water Fitness 8:10 am Pool Enhance Fitness 11:10 am B <i>(Registration Required)</i>	4 Power Waves 8:10 am Pool FW Strength 11:15 am B	5 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i> FW Balance 12:15 pm B
8 Water Fitness 8:10 am Pool Deep Water 9:10 am Pool Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i>	9 Power Waves 8:10 am Pool Guest Reader 9:30 am CW/CC FW Cardio 11:15 am B	10 Water Fitness 8:10 am Pool Enhance Fitness 11:10 am B <i>(Registration Required)</i>	11 Power Waves 8:10 am Pool Intergenerational Craft 9:30 am Child Watch FW Strength 11:15 am B	12 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i> FW Balance 12:15 pm B
15 Water Fitness 8:10 am Pool Deep Water 9:10 am Pool Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i>	16 Power Waves 8:10 am Pool Guest Reader 9:30 am CW/CC FW Cardio 11:15 am B	17 Water Fitness 8:10 am Pool Enhance Fitness 11:10 am B <i>(Registration Required)</i>	18 Power Waves 8:10 am Pool FW Strength 11:15 am B	19 Water Fitness 8:10 am Pool Dance Fit Ease 9:15 am B Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i> FW Balance 12:15 pm B
22 Water Fitness 8:10 am Pool Deep Water 9:10 am Pool Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i>	23 Power Waves 8:10 am Pool Guest Reader 9:30 am CW/CC FW Cardio 11:15 am B	24 Christmas Eve	25 Merry Christmas!	26 No FOREVERWELL Classes Today
29 Water Fitness 8:10 am Pool Deep Water 9:10 am Pool Gentle Yoga 10:15 am B Enhance Fitness 11:10 am B <i>(Registration Required)</i>	30 Power Waves 8:10 am Pool Guest Reader 9:30 am CW/CC FW Cardio 11:15 am B	31 Water Fitness 8:10 am Pool Enhance Fitness 11:10 am B <i>(Registration Required)</i>		

Class Descriptions

ENHANCE®FITNESS: This class is an evidence-based group exercise arthritis and falls prevention program, helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This program runs 16 weeks at a time. Registration is required.

FW CARDIO: This FOREVERWELL Cardio class is low impact and easy on the joints, intended to improve cardiovascular health. Participants can take the class standing or seated in a chair.

FW STRENGTH: This FOREVERWELL Strength class is designed to help participants improve their bone density, muscular strength, and range of motion. We will use a variety of equipment such as dumbbells, resistance bands and balls. Participants can take this class standing or seated in a chair.

FW BALANCE: This FOREVERWELL Balance class is designed to help participants improve their coordination and balance to help prevent falls. Chairs will be used for assistance.

GENTLE YOGA: A low intensity class that will help improve flexibility, strength and balance.

DANCE FIT EASE: Is a modified dance class for active older adults that includes dance moves you love at a lower-intensity. The design of the class introduces easy-to-follow choreography that focuses on balance, range of motion and coordination.

WATER FITNESS: This water fitness class will use a combination of shallow and deep-water exercises that will include cardio and muscle strengthening. Suitable for all levels.

POWER WAVES: A higher intensity aqua workout with interval training and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

DEEP WATER: This class provides a full-body, challenging workout that combines cardiovascular conditioning, muscular strength, and flexibility. The water's resistance and buoyancy reduce joint stress while increasing the intensity of exercises, making it an effective option for improving overall fitness, especially for those with joint pain, limited mobility, or who are seeking a high-intensity, land-alternative workout. Participants will use flotation belts to keep participants buoyant.

Guest Reader: Volunteer to read to a class of Child Watch or Child Care kids. Sign-up on the FOREVERWELL board in the lobby.

Intergenerational Craft: Volunteer to assist Child Watch staff and kids with a themed craft monthly. Sign-up on the FOREVERWELL board in the lobby.