



# JUNE FOREVERWELL® SCHEDULE

## Alexandria Area YMCA

MON	TUE	WED	THU	FRI
<b>1</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>2</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Cardio</b> 11:15 am   B	<b>3</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>4</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Strength</b> 11:15 am   B <b>FW Chair Yoga</b> 12:15 pm   B	<b>5</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Dance Fit Ease</b> 9:15 am   B <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i> <b>FW Balance</b> 12:15 pm   B
<b>8</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>9</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Cardio</b> 11:15 am   B	<b>10</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>11</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Strength</b> 11:15 am   B <b>FW Chair Yoga</b> 12:15 pm   B	<b>12</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Dance Fit Ease</b> 9:15 am   B <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i> <b>FW Balance</b> 12:15 pm   B
<b>15</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>16</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Cardio</b> 11:15 am   B	<b>17</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>18</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Strength</b> 11:15 am   B <b>FW Chair Yoga</b> 12:15 pm   B	<b>19</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Dance Fit Ease</b> 9:15 am   B <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i> <b>FW Balance</b> 12:15 pm   B
<b>22</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>23</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Cardio</b> 11:15 am   B	<b>24</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>25</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Strength</b> 11:15 am   B <b>FW Chair Yoga</b> 12:15 pm   B	<b>26</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Dance Fit Ease</b> 9:15 am   B <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i> <b>FW Balance</b> 12:15 pm   B
<b>29</b>  <b>Water Fitness</b> 8:10 am   Pool <b>Gentle Yoga</b> 10:15 am   B <b>Enhance Fitness</b> 11:15 am   B <i>(Registration Required)</i>	<b>30</b>  <b>Power Waves</b> 8:10 am   Pool <b>FW Cardio</b> 11:15 am   B			

## 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.

**FW CHAIR YOGA:** This FOREVERWELL Chair Yoga class is an accessible, low-impact class using a chair for support to improve strength, flexibility, and balance. This practice combines seated and standing poses with deep breathing to reduce stress, improve posture, and increase mobility without requiring floor work.

**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.