



## ForeverWell Group Exercise Schedule - Land White Bear Area Y | September 1st - 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ForeverWell Cardio</b>	8:30am - 9:25am STUDIO A		8:30am-9:25am STUDIO A		8:30am-9:25am STUDIO A		
<b>Gentle Yoga</b>		8:30am-9:25am STUDIO B		8:30am-9:25am STUDIO B	8:30am 9:10am STUDIO B		
<b>Intro to Line Dance</b>				2:15pm-2:45pm STUDIO A			
<b>Line Dance</b>		1:15pm - 2:15pm STUDIO A		1:15pm - 2:15pm STUDIO A			
<b>Meditation</b>	11:30am-11:55am STUDIO B						
<b>SilverSneakers® Circuit</b>	1:00pm - 1:45pm GYM	10:00am - 10:45am GYM		10:00am - 10:45am GYM	10:00am-10:45am GYM	9:30am - 10:15am GYM	
<b>SilverSneakers® Classic</b>	10:00am - 10:45am GYM		10:00am - 10:45am GYM 1:00pm - 1:45pm GYM				
<b>SilverSneakers® Yoga</b>	10:45am - 11:30am GYM	10:45am - 11:30am GYM	10:45am - 11:30am GYM	10:45am -11:30am GYM	10:45am - 11:30am GYM		
<b>Tai Chi Instruction</b>		Noon - 12:45pm STUDIO B * Cane Tai Chi	Noon - 12:45pm STUDIO B	Noon - 12:45pm STUDIO B			
<b>Tai Chi Practice</b>	Noon-12:45pm STUDIO B				Noon - 12:45pm STUDIO B		
<b>Zumba Gold</b>		10:50am-11:45am STUDIO A		10:50-11:45am STUDIO A			



## ForeverWell Group Exercise Schedule - Water White Bear Area Y | September 9th - 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Deep Water Exercise Power</b>		10:00am - 10:45am ORANGE POOL			10:00am-10:45am ORANGE POOL		
<b>ForeverWell Water (formerly SilverSneaker® Splash)</b>	11:00am - 11:45am BLUE POOL		11:00am - 11:45am BLUE POOL				
<b>Deep Water Exercise (formerly Verizontal)</b>	9:00am -9:45am ORANGE POOL		9:00am-9:45am ORANGE POOL 8:00pm-8:45pm ORANGE POOL		9:00am-9:45am ORANGE POOL		
<b>Shallow Water X</b>		11:00am-11:45am BLUE POOL		11:00am - 11:45am BLUE POOL			
<b>Water Exercise</b>		7:00pm - 7:45pm BLUE POOL					
<b>Water Exercise Power</b>	10:00am-10:45am BLUE POOL 5:15-6:00pm BLUE POOL	9:00am - 9:45am BLUE POOL	10:00am - 10:45am BLUE POOL	10:00am -10:45am BLUE POOL		8:00am-8:45am BLUE POOL	