

FOREVERWELL® Group Fitness Schedule

FREE TO MEMBERS

MONDAY

5:15-6:00 am	Cardio Splash - Pool
7:00-7:45 am	Aqua Tabata - Pool
7:45-8:45 am	Power Waves - Pool
9:00-9:45 am	Yoga - Studio 2
10:00-10:45 am	Chair Yoga - Studio 2
11:00 am - 12:00 pm	Intermediate Line Dancing - Studio 2
1:00-2:00 pm	Foundations of Movement - Studio 2
6:45-7:45 pm	Aquabilities - Pool

TUESDAY

5:15-6:00 am	Cardio Splash - Pool
7:00-7:45 am	Cardio Crusaders - Pool
7:45-8:45 am	Power Waves - Pool
9:30-10:30 am	REFIT - Studio 1
10:00-10:50 am	SilverSneakers® - Studio 2
1:00-2:00 pm	Rock Steady Boxing - Room 5
4:00-5:00 pm	Line Dancing - Studio 2
6:45-7:45 pm	Aqua Freestyle - Pool

WEDNESDAY

5:15-6:00 am	Cardio Splash - Pool
7:00-7:45 am	Ultimate Intervals - Pool
7:45-8:45 am	Aqua Mix - Pool
9:00-9:45 am	Yoga - Studio 2
10:00-10:45 am	Chair Yoga - Studio 2
11:00-12:00 pm	Intermediate Line Dancing - Studio 2
12:00 - 1:00 pm	Pedaling for Parkinsons - Cycling Studio
1:00-1:45 pm	Foundations of Movement - Studio 2
6:30-7:30 pm	Healing Yoga - Studio 1
6:45-7:45 pm	Aquabilities - Pool

THURSDAY

5:15-6:00 am	Cardio Splash - Pool
7:00-7:45 am	Cardio Crusaders - Pool
7:45-8:45 am	Aqua Mix - Pool
9:30-10:30 am	REFIT - Studio 1
10:00-10:50 am	SilverSneakers® - Studio 2
1:00-2:00 pm	Rock Steady Boxing - Room 5
4:00-5:00 pm	Line Dancing - Studio 2
6:45-7:45 pm	Aqua Freestyle - Pool

FRIDAY

5:15 -6:00 am	Aqua FIT- Pool
8:00-9:00 am	Power Waves - Pool
9:00-9:45 am	Yoga - Studio 2
10:00-10:45 am	Lesmills Thrive® - Studio 1
1:00 - 1:30 pm	Foundations of Movement - Studio 2

SATURDAY

9:15-10:15 am	Aqua Mix - Pool
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