



ForeverWell Group Exercise Schedule - Land

RIDGEDALE | 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Cardio	10:00am - 11:00am <i>GYM</i>	9:15am - 10:00am <i>GYM</i>	10:00am - 11:00am <i>GYM</i>		10:00am - 11:00am <i>GYM</i>		
ForeverWell Strength		10:20am - 11:05am <i>GYM</i>		10:20am - 11:05am Studio A			
Active Together		9:40am <i>STUDIO A</i> 5:40pm <i>STUDIO B</i>		9:15am-10:10am <i>STUDIO A</i>			
Gentle Yoga	11:20am - 12:20pm <i>STUDIO B</i>	11:25am - 12:25pm <i>STUDIO B</i>	11:20am - 12:20pm <i>STUDIO B</i>	11:25am - 12:25pm <i>STUDIO B</i>	11:20am - 12:20pm <i>STUDIO B</i>		
SilverSneakers Circuit		11:20am - 12:05pm <i>STUDIO C</i>		11:20am - 12:05pm <i>STUDIO C</i>			
SilverSneakers Classic		9:30am - 10:15am <i>STUDIO C</i>	11:20am - 12:05pm <i>STUDIO C</i>	9:30am - 10:15am <i>STUDIO C</i>	11:20am - 12:05pm <i>STUDIO C</i>	9:25am - 10:10am <i>STUDIO C</i>	
SilverSneakers Yoga	11:20am - 12:05pm <i>STUDIO C</i>						
Tai Chi Chih Instruction	9:30am - 10:00am MPR						
Tai Chi Chih Practice	10:05am - 11:05am <i>STUDIO C</i>						
Tai Chi for Health		10:20am - 11:10am <i>STUDIO C</i>					
Muscle Stretch and Release	9:05am - 10:00am <i>STUDIO C</i>						
Line Dance							
Zumba Gold				10:25am - 11:10am <i>STUDIO C</i>			



ForeverWell Group Exercise Schedule - Water

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Arthritis Water Exercise		8:00am - 9:00am		8:00am - 9:00am			
Water Intervals	10:15am-11am	11:15 - 12:00pm			10:15am-11am		
Salsa Splash				11:15 - 12:00pm			
Water Exercise Power	9:00am - 10:00am	7:15 - 8:15pm	9:00am - 10:00am		9:00am - 10:00am	8:00 - 9:00am	12:00pm - 1:00pm
ForeverWell Water Exercise	11:15am - 12:00pm		11:15am - 12:00pm		11:15am - 12:00pm		