



ForeverWell (55+) Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM	Shallow Water Aerobics Katie Pool	Shallow Water Aerobics Karla Pool	Shallow Water Aerobics Lisa Pool	Shallow Water Aerobics Karla Pool	
8:45 AM	Cycling Tim Studio B		Cycling Tim Studio B		
9:30am	Deep Water Aerobics Katie Pool		Deep Water Aerobics Lisa Pool		
10:00 AM	Silver Sneakers Classic Dana Studio B		Silver Sneakers Classic Dana Studio B		
11:00 AM		Chair Yoga Cecelia Studio B		Chair Yoga Cecelia Studio B	
1:00PM				Silver Sneakers Classic Teri Studio B	

ForeverWell (55+) Fitness Class Descriptions

Deep Water Aerobics is designed for people who feel comfortable in water over their head and using an aqua jogger (flotation belt). We will concentrate on cardiovascular fitness and toning on both upper and lower body.

Shallow Water Aerobics: This class is a non-stop workout that promotes cardiovascular fitness while toning muscles and increasing flexibility. **Note you do not need to know how to swim.

Chair Yoga (45 minutes): A gentle form of yoga that consists of sitting in a chair and/or standing behind the chair for support. We will focus on breathing exercises while stretching and lightly strengthening the body and mind.

Cycling (45 minutes): Whatever your exercise level is, you can participate in ANY cycling class on the schedule! Cycling is a popular alternative for aerobic training because it is a non-impact and efficient, calorie-burning workout.

Silver Sneakers Classic (45 minutes): Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills.