



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

August 2025 | SOUTHDALE

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ACTIVE IN AUGUST

August's theme encourages you to GET ACTIVE!

August is the perfect time to get moving—body, mind, and spirit! This month, we're embracing the energy of late summer with activities and events designed to keep you engaged, inspired, and giving back.

We invite you to attend our *Mind in Motion* workshop (August 15th), a fun and stimulating session focused on coordination and cognitive wellness. Then, don't miss a special visit from legendary ultra-distance runner *Fast Eddy*—at 85 years young, he'll share stories from his incredible running journey and what keeps him going strong (August 18th).

We're also giving back to our community with a *Blood Drive* sponsored by the *American Red Cross* and a *School Supply Drive in support of our local neighborhood center*, offering meaningful ways for you to make a difference.

Last, we invite you to help us build our group activity program offerings for the fall. We are looking for ambassadors to spearhead on going engagement activities such as games and hobbies. (Page 6)

Let's get active—together!

Cathy Quinlivan | Nick Hanks -Branch Directors



HOURS

Monday - Friday: 5am - 9pm

Saturday & Sunday 7am - 5pm

Member Services: 952-835-2567

https://www.ymcanorth.org/locations/southdale_ymca

SOUTHDALE YMCA

7355 York Ave S, Edina, MN 55435

For info. about ForeverWell program contact:

Cathy Quinlivan, Associate Executive Director

Email: catherine.quinlivan@ymcamn.org

Ph: 651-292-4138

Nick Hanks, Executive Director

Email: Nick.Hanks@ymcamn.org

Ph: 952-230-6680

FOREVERWELL AT THE SOUTHDAL YMCA

WHAT IS FOREVERWELL AT THE YMCA?

Staying active mentally, physically, and spiritually is important for feeling your best. Foreverwell is programming geared toward all Y members 55+, developed to build healthy mind, body and spirit and is based on the **Five Dimensions of Health – Connect – Restore – Nourish – Move – Reflect**. Foreverwell programming includes group fitness classes, as well as life-long learning, volunteer opportunities, social events, and a wide range of on-going clubs and activities.

NEW TO THE Y OR COMING BACK AFTER TIME AWAY...

- **Foreverwell Orientations** are held **each Thursday at 9:30 am**. You get a tour of the entire facility and learn about the things you have available to you with your YMCA membership. Visit the welcome desk to sign up.
- **Let's Connect Orientation** is a monthly meet-up with Associate Executive Director, Catherine Quinlivan. "Let's Connect" Orientations held this month on **Tuesday, July 15th from 10:00 – 11:00 am**. This is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

SHARE YOUR Y-STORY!



Cathy teaching swim lessons in the early 80's at the St. Paul Midway Y



Nick taking part in one of his favorite pastimes in the early 90s

At the Southdale YMCA we all have a Y-Story. Whether you're a new member, found a supportive environment for your fitness journey, made lasting friendships, watched your children grow through our youth programs, we all have experienced transformative impact of being part of this amazing community.

We want to hear from you! Sharing your Y experience helps us understand what makes our community special and reminds us of the difference we're all making together. It's through your stories that we continue to build a stronger, more connected place where everyone can thrive.

Nick and Cathy are eager to hear from you about how your time at the Southdale YMCA has shaped your life and made a difference in your well-being. Please reach out to schedule a time to meet with us to share your story over a cup of coffee. Our contact information is below. We are excited to hear your story!

Catherine Quinlivan, Associate Executive Director:
Catherine.quinlivan@ymcamn.org 651-292-4138

Nick Hanks, Executive Director:
Nick.hanks@ymcamn.org 952-230-6680

HAPPENING IN AUGUST

BLOOD DRIVE

Thursday, August 7th, 10-4pm | Rotary Room

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter: YMCA Southdale to schedule an appointment.



Come give Aug 1 to 28 for a \$15 e gift card to choice of merchant!



MEDICARE RESOURCES

Wednesday, August 13th, 10am-12pm | Resource Table

Hosted by Lee Ziesmer of Gold Leaf Insurance.

From Lee, "I enjoy helping put people's minds at ease, knowing I've done the due diligence to ensure they have the best health plan for their specific needs."



MIND IN MOTION WORKSHOP

Friday, August 15th, 10:30-11:30am | Rotary Room

Facilitated by Roxy Kline. Stay sharp and energized with *Mind in Motion* — a lively, one-hour workshop designed to boost coordination, memory, and multi-tasking skills. Through interactive drills and fun skill-building exercises, participants will engage both body and brain in activities that support cognitive health and everyday function. No experience needed — just bring your curiosity and a willingness to move and think! Enjoy a root beer float afterwards! *No RSVP required.*

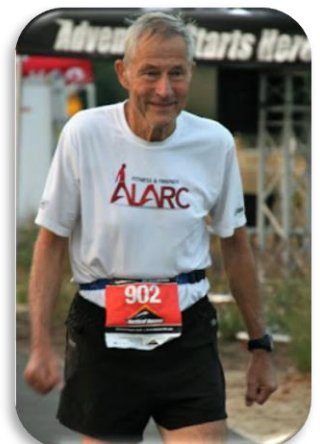


FAST EDDIE: "ME, AN EXPERIMENT OF ONE"; MUSINGS FROM AN 85-YEAR-OLD ULTRA DISTANCE RUNNER

Monday, August 18th, 11:30am-12:30pm | Rotary Room

Ed Rousseau has run 117 marathons, 151 ultramarathons, and loves races with "hours" in the title as in a 24-hour race. He also looks forward to the "day" races, as in the six-day race he ran totaling 384 miles. In November 2024, he broke the 100 Kilometer and 24-Hour U.S. Records in his new 85-89 Division. He was named 2024 Ultramarathon U.S. Masters Runner of the year. In May 2025, he set 7 US Records in one 24 Hour Ultra! He has many more accomplishments that he will share during his presentation. We are excited to have him talk about his incredible running career and how he is a role model for fitness for anyone of any age.

"A guy's got to run or head for a recliner," says Rousseau. What he is most proud of though, more than his numerous age-group records, is his 41 years of sobriety. *No RSVP required.*



ONGOING FOREVERWELL PROGRAMS AND ACTIVITIES

FOREVERWELL ORIENTATION – THURSDAYS AT 9:30

Join us for a **30-minute Foreverwell Orientation** at the Southdale YMCA! This personalized tour is the perfect introduction to our facilities and wellness offerings for adults 55+. You'll have the opportunity to: tour the facility: explore our state-of-the-art amenities, including our fitness center, pool, and more. Learn about our variety of group fitness classes designed for all levels, including cardio and strength classes, water exercise and chair and regular yoga. **Get Expert Guidance:** Meet with a YMCA team member who will answer your questions, provide recommendations, and help you navigate the best programs for your goals. Whether you're new to fitness or looking to get back on track, this orientation will set you up for success in your wellness journey at the Southdale YMCA.



NEW MEMBER BINGO

Everyone better watch out for the new kid on the block... YOU! Challenge yourself to get connected by completing at least 5 bingo squares from the "New Member Bingo!" card within your first 30 days of membership. After completion, turn your bingo card into member services for a chance to win 50 Y Bucks towards YMCA programs. It's time to show us what you're made of – you got this! Pick up your Bingo card at member services.



LET'S CONNECT ORIENTATION

Tuesday, August 19th; 10:00 – 11:00 am. The "Let's Connect" Orientation with Associate Executive Director, Catherine Quinlivan is an opportunity for you to take a deeper dive into many of the programs we offer at the Southdale YMCA including:

- Group exercise
- Pickleball
- EGYM strength circuit
- How to navigate the YMCA app to find classes and wellness programs
- Personal Training
- Pilates Reformer classes

Perfect for new or returning members, you will enjoy coffee and conversation with Cathy and other members like yourself.

Cathy has over 30 years' experience in the health and wellness industry and is passionate about helping people navigate their wellness journey. Cathy looks forward to connecting with you about how to make your experience at the Southdale Y the best it can be. To register for the orientation, contact Cathy at

catherine.quinlivan@ymcamn.org or 651-292-4138.



OPEN PING PONG PLAYING TIME:

Playing ping pong on a regular basis can improve attention, movement, mood and social connection among people striving to outpace a progressive disease, which affects one in every 100 people aged 60 and older. When people with Parkinson's disease are playing the game, areas of the brain that handle tasks like planning and problem-solving — usually impacted by the disease — are activated.

Come give Ping Pong a try! **Open time is available Monday, Tuesday, Thursday from 1-4pm and Wednesdays and Fridays from 11:30-4pm in the Rotary Room** unless scheduled events are taking place. Consult calendar near Rotary room door. *Note: If there are others waiting to play, score 11 points and allow others to rotate in to play.*

PICKLEBALL | AUGUST 8TH IS NATIONAL PICKLEBALL DAY!

OPEN COURT TIME

Monday 11:30 am – 2:30 pm; Wednesday 11:30 – 3:00 pm; Tuesday & Thursday: 11:00 am – 12:45 pm; Friday: 10:30 am–3 pm. ADDITIONAL COURT TIME: SUNDAYS 9:30am–11:30am. NOTE: HALF COURT IS AVAILABLE FOR PICKLEBALL ON SUNDAYS. *Skill and athletic ability should not limit participation.* Prerequisites, however, do include knowledge of the game such as scoring, court etiquette, etc., as well as minimum ability to play (serving over the net and returning balls in play).

See the article on page 10 to learn how to get started as a beginner

BEGINNER/INEXPERIENCED PLAYERS OPEN COURT TIME (Please note adjusted summer hours)

Monday 2:30 pm – 3:30 pm; Wednesday 3:00 pm – 3:30 pm; Friday 3:00 – 3:30pm.

This time is reserved for new players who are learning the game or who have never played before, or those who just simply want to practice their skills. All three courts will be open and reserved for those members just learning the game. Seasoned players are typically on hand most days and can help new participants get settled and learn the game. Limited equipment is available for checkout at the Welcome Desk at no cost to members. Once the beginners have started play, if there are remaining open courts, experienced players are welcome to stay.

PARKINSON'S CYCLE

Parkinson's Cycle is an indoor cycle program that aims to improve the lives of those living with Parkinson's disease and their caregivers. Regular exercise is one of the key components in treating the many symptoms of Parkinson's disease. Research shows that pedaling a bicycle may change the life of someone with Parkinson's disease.

Wednesday 11:00–12:00pm, Friday 10:30–11:30am.

RESTORE AND RECOVER WEDNESDAYS

Every second Wednesday of the month, 9–10am. (August 13th) Chiropractor, Dr. Rassacin, will be available in the lobby from 9am–10am to provide general soft tissue therapy such as massage, trigger point therapy, and/or myofascial release. He will also be available to discuss any general health, and wellness concerns you may have. These sessions do not include or constitute an exam, diagnosis, or treatment of specific conditions. To reserve your 10-minute session, a sign-up sheet will be available on the coffee counter in the lobby starting at 8:45am the day of appointments.



Dr. Rassacin (Russ) Ly – Chiropractor

SIP HAPPENS... COFFEE IN THE LOBBY

Thursdays at 8:00 am until the pot is empty in the Lobby. Each Thursday coffee will be available in the lobby. Come hang out with your friends and make new friends.



CHINESE MAHJONG

Fridays 9:30 – 11:45 am: Open Play | Previous experience required | Rotary Room

Mahjong is a tile-based game that originated in the early 20th century in China. Over the years various versions of the game have developed, including American Mahjong.



BEGINNING BRIDGE

Mondays 9:30 – 11:00 am | Rotary Room

No previous experience required.

BOOK CLUB

Join fellow book lovers on the **2nd Wednesday of each month from 11:30 am – 12:30 pm (August 13th)** to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*

Upcoming Book Club Selections:

August 13th, **"And the Mountains Echoed"**, Khaled Hosseini

September 10th, **"Root Beer Lady"**, Bob Cary

October 8th, **"The Demon of Unrest"**, Terry Warner



SOCIAL ACTIVITY GROUPS OPPORTUNITY | **NEW!**

Are you looking for more ways to connect, have fun, and share some laughs with fellow Southdale Y members?

We're exploring the idea of starting **social groups** at the Y this fall — and we'd love to hear from **you!**

Whether you're into **cards, board games, puzzles, or want to start a genre-specific book club**, this is your chance to gather with others who share your interests. These groups would meet at the Y for casual fun and fellowship.

At this stage, we're just seeing what the interest level is and if we can engage member volunteers to get the groups going. Let's build something fun together. Groups can start anytime, but we're especially looking at a **fall kickoff**. Contact Cathy Quinlivan at catherine.quinlivan@ymcamn.org for more information.



We have interest in starting a **science genre book club!** This group would meet once a month to discuss science non-fiction for the lay person. Topics could range from astronomy, biology, medicine, etc..If you are interested in being a part of this group contact Cathy Quinlivan at catherine.quinlivan@ymcamn.org.

COFFEE CONCERT SERIES

Classical Guitarist, Charlie Pydych | Thursday, August 14th, 10:30-11:30am | Lobby

That Uke Group | Thursday, August 28th, 10:30-11:30am | Lobby

We are still looking for **volunteer musicians**, whether soloists, duos, or small groups—to provide calming, relaxing music that enhances the atmosphere for our members. Whether you're a seasoned performer or an emerging artist, this is a wonderful opportunity to share your gift with an appreciative audience. If you're interested or know someone who would be, please reach out to Cathy Quinlivan, for more information or to sign up. We look forward to hearing from you! Catherine.quinlivan@ymcamn.org (651) 292-4138.

Who is your Southdale Star? Shine some light at Southdale by recognizing employees who have made a positive impact on you! You can now nominate our staff for employee recognition awards by jotting down their name and what they have done for you on a paper star in the lobby. Responses will be posted in the September newsletter! We greatly appreciate your ongoing kindness!

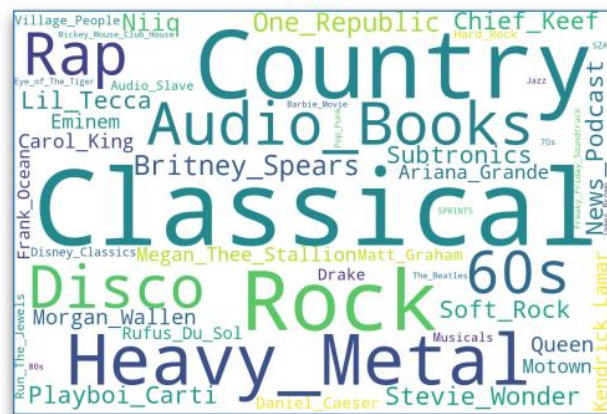


Download the app by following the links below. Now it will be easier than ever to check-in with your bar code, view the group x schedule, schedule and manage your personal training and small group well-being classes and get real-time updates to manage your membership experience.

OVER 100 MEMBERS RESPONDED; HERE ARE THE TOP RESULTS:



RESPONSES FROM OUR RECENT SURVEY "WHAT MUSIC MOTIVATES YOU?"



"IT MAKES ME SMILE AND DANCE"

SAFETY AT THE YMCA –AUGUST

ONLINE SECURITY TIPS – PROTECT YOURSELF WHEN YOU ARE ONLINE!



Online Security Tips

Protect yourself
when you're online!



Passwords and privacy settings matter

Choose strong passwords and never share them with anyone else. Regularly check your privacy settings, too.

Be careful of what you download.

Some programs and apps carry malware and try to steal your information. Download content from trusted sites only

Shop safely

Shop from secure websites and avoid saving your credit card information. Take time to read reviews and ask questions when shopping online

Think before you post.

Be mindful of every post you create. Do not publish content you wouldn't want family, friends, and potential employers to see.

Be careful with our online social life.

Exercise caution with each online interactions so you can steer clear of scammers and fake users. Do not give personal information or send private photos.



PROGRAM FEATURE : LEVEL UP YOUR FITNESS | GROUP EXERCISE!

TEAM MEMBER SPOTLIGHT | CHRISTINE CALKWOOD

How long have you been an instructor at Southdale Y? (How long have you been teaching?)

I have been a member at Southdale Y since 2006 and became an instructor in 2011. Before that, I taught creative movement to preschoolers at the Edina Family Center and at a ballet school.

What do you teach?

I teach Group Centergy (yoga-Pilates based exercise), Group Active (cardio-strength combo), and Muscle Stretch and Release (a self-care class).



Q: What are your favorite formats to teach?

My favorite format to do is Group Active, but my favorite to teach is Group Centergy. I really love connecting participants to the energy of that class.

What are the benefits of classes that focus on movement health?

Mobility is the foundation of movement, especially mobility in the hips and spine. Restricted mobility in these areas contribute to lack of mobility throughout the body, which can interfere with our ability to take care of ourselves and our loved ones. Training healthy movement patterns at the Y helps us to move safely out in the world, reduces the chances of injury, and contributes greatly to our quality of life

What do you do outside of the Y for work and recreation?

I am a massage therapist and Reiki practitioner. I like active recreation like skiing and canoeing, or inactive recreation like drinking coffee with a friend. I like museums, listening to music, and taking care of my home and yard.

What classes would you recommend Foreverwell members take that are not on the Foreverwell schedule and are on the regular schedule?

Classes that are accessible and modifiable for every level at Southdale that I have participated in myself are Group Active, Muscle Stretch and Release, Mat Pilates, Zumba, and Yin Yoga/Yoga Flow/Group Centergy. Ideally, adults would vary their class experiences to include cardio, strength training, and yoga and/or Pilates for core strength, for improved balance and flexibility. That being said, the best classes for any individual are the ones that the individual will actually go to!

Testimonials:

A member in her 70s with osteoporosis began coming to Group Active once a week. She modifies intensity as needed. After one year, her bone density went up! She had made no other changes over the year other than attending Group Active class.

A member retired after 40 years at a desk. He could not sit cross-legged as his hips had limited outward rotation. He kept coming to Centergy with a smile twice a week, even though he struggled with mobility and flexibility. About three years in, I noticed him one day casually sitting cross legged and talking to another member. When did that happen? Slowly, overtime. He just kept showing up and trying. It was a wonderful transformation.

I have had many members go on trips and return delighted that they were able to climb the steps to the tops of cathedrals or other landmarks and get a view that they felt lucky to be able to see. Many members impress themselves with pain-free snow shoveling or gardening. A member in his 80s earned the respect of three

generations of family on the dance floor at a wedding – he knew a lot of the current music because he knew it from class.

An instructor (who is me) saved her own skin TWICE by being able to react quickly to avoid and mitigate a dangerous situation that could have resulted in serious injury. Once I had to change direction quickly to avoid a collision with a bicycle, and once someone fell backwards onto me on an escalator and I supported that person all the way up to the top with no one getting hurt. Everyone else on that airport escalator was astounded, I might add.



Friday morning Group
Centergy class

PROGRAM FEATURE: LEVEL UP YOUR GAME | PICKLEBALL!

MEMBER SPOTLIGHT : KENT LOKKESMOE

How long have you been a member of the Southdale Y?

I have been a member at Southdale Y since January 2020.

When did you first start playing pickleball, and what got you interested in the game? I had just retired in the fall of 2019 and was looking for a sporting activity. The Y was welcoming and helped a rookie learn.

How often are you out on the court playing pickleball these days?

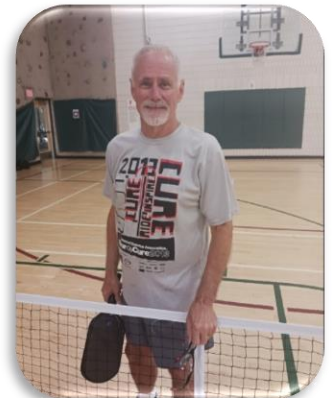
I play on numerous courts, often outside. Probably four times per week. I have played outside every month except January 2025 over the last several years. Of course, the Y has no wind, temperature extremes, or sun in your eyes.

From a health perspective, what kinds of benefits have you personally experienced since you began playing?

It's good exercise and keeps you moving. It's also a social sport because with open play you get to play with a mix of different players and while waiting for your court you have an opportunity to learn more about them. Keeping score can be a mental test, but with four people on the court there is always help with that.

The Southdale YMCA is known for its strong sense of community. How would you describe the pickleball community here, especially when it comes to welcoming new players?

The open play system of just joining the waiting players on the chairs and rotating in allows anyone to just join in. There are specific times on the calendar for beginner players to try the sport out. Generally, the more experienced players will provide advice and counsel if asked.



As a pickleball ambassador, what advice would you give to someone who's just starting out and might feel a little intimidated?

Just try it--there is equipment at the front desk. It takes repetition to improve your skills. The Y has expanded the hours so there are more opportunities now. Find a partner and just start hitting a ball around. Or find a wall to hit against. There are lots of outside courts so you can find a spot and it seems like more are opening each day. Some tennis courts have a practice wall. I've played at the Y with players age 10 up to 95. It's a sport anyone can do if they would like to try.

What are a few beginner-friendly tips or tricks you'd recommend to help new players build confidence and improve quickly?

You can go to the racquet ball courts and hit a ball against the wall. Put a piece of tape 36 inches high on the wall (height of the net) so you have a target. You can also have a spot on the floor 7 feet back from the wall (the kitchen line). On the racquet ball court if you serve from one corner to the opposite corner that would be a good deep serve. Repetition is the key---when warming up before a game try different shots. There are also numerous sources online that provide tips for beginners and also outline the basic rules.

What keeps you coming back to the game?

I like the competition and I've met a lot of nice people.

Finally, what would you say to someone who's curious about trying pickleball but hasn't taken that first step yet?

I've provided instruction at the Y in the past and things I've told people is: 1) Have fun and don't get hurt. 2) the game is placement over power--you don't have to slam the ball to score points.



Come Join Us!

!

FREE SKIN CANCER SCREENINGS:

Back By Popular Demand, the skin cancer screening mobile truck will be in the Southdale Y parking lot on September 7th to provide free skin cancer screenings. . No reservation required and come early to reserve your appointment. Make sure you check in at the Southdale Y welcome desk so we can count your visit!

DestinationHealthySkin.org

FREE SKIN CANCER SCREENINGS & EDUCATION

(screenings are subject to volunteer doctor availability)

Sept 7, 2025 // 10AM-4PM
Southdale YMCA
7355 York Ave S
Edina, MN 55435

IN
usual on your skin?

Learn what to do here.

SKIN CANCER SCREENINGS | SKIN CANCER EDUCATION | SUN PROTECTION SAMPLES
SKIN CANCER SCREENINGS ARE CONDUCTED BY LOCAL VOLUNTEER DERMATOLOGISTS AND ARE AVAILABLE ON A FIRST COME, FIRST SERVED BASIS. SCREENINGS TAKE PLACE IN PRIVATE EXAM ROOMS ON BOARD THE FOUNDATION'S CUSTOMIZED RV.

SKIN CANCER FOUNDATION
DESTINATION HEALTHY SKIN
HEALTHY SKIN



SUPPORTING THE FAMILIES AT BRIAR HILLS NEIGHBORHOOD CENTER!

Through August 22nd please donate school supplies and backpacks for our families at Briar Hills Neighborhood Center in Eden Prairie.

We are collecting supplies for ages 5-18 years old; backpacks, markers, crayons, pens, pencils, highlighters, notebooks, paper, scissors and other school supplies.

THANK YOU FOR DONATING!



FOREVERWELL

CLASS GUIDE

JUST GETTING STARTED

Designed for people new to a fitness program or prefer to proceed cautiously in their activity. All land exercises are done from a chair or in a standing position. A great options for those with concerns of falling.

- SilverSneakers® Classic
- SilverSneakers® Yoga
- Shallow Water Exercise
- ForeverWell Tai Chi
- Sound Bath

ALREADY ACTIVE

Designed for people who exercise 1 – 3x a week. Participants should be able to exercise standing for a minimum of 15 minutes. Some classes may require the ability to get up and down off of the floor. Perfect for people who want to improve their balance and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio Dance
- ForeverWell Combo
- ForeverWell Strength
- Water Exercise
- Line Dancing
- ForeverWell Balance
- Sound Bath

EXERCISING REGULARLY

Designed for people who exercise at least 3x a week. Participants should be able to stand for a minimum of 45 minutes. Most classes require the ability to get up and down off of the floor. Perfect for people who want to maintain or improve their balance, cardiovascular health and endurance.

- SilverSneakers® Circuit
- ForeverWell Yoga
- ForeverWell Cardio
- ForeverWell Combo
- ForeverWell Strength
- Gentle Yoga
- Deep Water Exercise
- Line Dancing
- Sound Bath

GROUP EXERCISE CLASSES – AUGUST

MONDAY

Water Exercise	7:45-8:30am	Lap Pool	Lindsay M.
ForeverWell Yoga	8:15 – 9:15am	Studio B	Diane A.
ForeverWell Combo	8:30 – 9:15am	Studio A	JoJo G.
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Silver Sneakers Yoga	11:30-12:15pm	Studio B	Mel
ForeverWell Balance	12:30- 1:00pm	Studio B	Mel
ForeverWell Strength	1:15 – 2:00pm	Studio A	Anne H.

TUESDAY

Water Exercise	7:45-8:30am	Lap Pool	Lindsay M.
ForeverWell Yoga	8:15-9:15am	Studio B	Anne H.
ForeverWell Cardio Dance	9:45- 10:45am	Studio A	Kitty W.
Silver Sneakers Yoga	10:30-11:15am	Studio B	Linda D.
Sound Bath	11:30-12:30pm	Studio B	Priscilla
Water X Bootcamp	12:15-1:00pm	Lap Pool	Deb C
SilverSneakers Classic	1:15-2:00pm	Studio B	Kelly D
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

WEDNESDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly/Deb
ForeverWell Combo	8:30-9:15am	Studio A	Mel
SilverSneakers Classic	9:30-10:15am	GYM	Roxy K.
SilverSneakers Circuit	10:30-11:15am	GYM	Roxy K.
Parkinson's Cycle	11:00am-12:00pm	Cycle Studio	Katy E.
ForeverWell Strength	1:15 – 2:00pm	Studio A	Staff
Silver Sneakers Yoga	1:15-2:00pm	Studio B	Kelly

THURSDAY

Water Exercise	7:45-8:30am	Leisure Pool	Kelly D.
ForeverWell Yoga	8:15-9:15am	Studio B	Michelle L.
ForeverWell Cardio Dance	8:30-9:15am	Studio A	Kitty W.
SilverSneakers Yoga	10:30-11:15am	Studio A	Anne H.
Sound Bath	12:00-1:00pm	Studio B	Hayley
Water Exercise	12:15-1:00pm	Leisure Pool	Kitty W.
Silver Sneakers Classic	1:15-2:00pm	Studio B	Kelly
Tai Chi for Health Practice	2:15-3:15pm	Studio A	Tom E.

FRIDAY

ForeverWell Yoga	8:15-9:15am	Studio B	Diane A.
ForeverWell Combo	8:30-9:15am	Studio A	Jo Jo
SilverSneakers Classic	9:30-10:15am	GYM	JoJo G.
Parkinson's Cycle	10:30-11:30am	Cycle Studio	Katy E.
ForeverWell Water Exercise	12:15-1:00pm	Leisure Pool	Gayle M

SATURDAY

SilverSneakers Classic	12:15-1:00pm	Studio B	Anne/Stephanie
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August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*open ping pong 1-4pm M T, TH 11:30-4pm W,F					1 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am - 3:30pm	2
3 -Pickleball 9-11:30 am (HALF GYM) -	4 -Beginning Bridge 9:30-11am -Pickleball 11:30a - 3:30p	5 -Pickleball 11am - 12:45 pm	6 Pickleball 11:30- 3:30 pm	7 -Blood Drive 10- 4pm Sip Happens 8-12 -Foreverwell Orientation 9:30 -Pickleball 11am - 12:45 pm	8 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am - 3:30pm	9
10 -Pickleball 9-11:30 am (HALF GYM)	11 -Beginning Bridge 9:30-11am -Herself Health Resource Table 10:30-noon -Pickleball 11:30a - 3:30p	12 -Pickleball 11am-12:45 pm -Let's Connect Orientation 10am- 11am	13 - Restore and Recover 9-10am -Medicare Resource Table 10-am-12pm - Book Club 11:30 - 12:30 - Pickleball 11:30 am-3:30 pm	14 Sip Happens 8-12 Foreverwell Orientation 9:30 -Coffee Concert 10:30-11:30 - Pickleball 11am- 12:45 pm	15 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am - 3:30pm -Mind in Motion workshop 11:30- 12:30	16 -
17 -Pickleball 9-11:30 am (HALF GYM)5	18 -Beginning Bridge 9:30-11am -Fast Eddy Presentation 11:30-12:30pm -Pickleball 11:30a - 3:30p	19 -Pickleball 11am - 12:45 pm -Let's Connect Orientation 10am- 11am	20 -Pickleball 11:30 am- 3:30pm	21 Sip Happens 8-12 Foreverwell Orientation 9:30 - Pickleball 11am - 12:45 pm	22 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am-3:30 pm	23
24/31 -Pickleball 9-11:30 am (HALF GYM)	25 -Beginning Bridge 9:30-11am --Pickleball 11:30a - 3:30p	26 -Pickleball 11am - 12:45 pm	27 -Pickleball 11:30 am-3:30 pm	28 Sip Happens 8-12 Foreverwell Orientation 9:30 Coffee Concert 10:30-11:30am - Pickleball 11am - 12:45 pm	29 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am-3:30 pm	30