FOREVERWELL

OCTOBER | BURNSVILLE YMCA

AT A GLANCE

HAPPENING IN OCTOBER
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ONGOING PROGRAMS AND ACTIVITIES
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FOREVERWELL GROUP EXERCISE SCHEDULE
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FALL INTO FITNESS WITH THE YMCA

BRANCH HOURS
Monday-Friday: 5:00am-9:00pm
Saturday & Sunday: 7:00am-5:00pm

BURNSVILLE YMCA
13850 Portland Ave. S
Burnsville, MN 55337
952-898-9622

HAPPENING IN OCTOBER

UCARE FLU SHOT CLINIC

WEDNESDAY, OCTOBER 2ND

9:30am-12:00pm

Covid and Flu Shots will be available

LUNCH & LEARN

TUESDAY, OCTOBER 15TH

12:00pm-1:30pm

Explore diet and lifestyle changes that help prevent chronic inflammation. Participant interest, need, and energy will drive exploration and discussion. Join Chris Farris, MS, RN, PHN, for a ForeverWell Connection – an interactive discussion group.

HEALING BENEFITS OF SOUND

WEDNESDAY, OCTOBER 16TH

11:00am-12:00pm

Sound bath meditation uses the pure tones of quartz crystal bowls and a vareity of tones to guide the body into deeper states of calm. Join us for a demonstration and discussion of the healing benefits of this form of meditation.

WALKING POKER

WEDNESDAY, OCTOBER 23RD

8:30am-11:00am

Participants walk 5 laps around the track, picking up a card each lap. Best hand throughout the day will recieve a prize.

FALL PREVENTION PRESENTATION

WEDNESDAY, OCTOBER 23RD

11:00am-12:00pm

Learn different techniques to help strengthen your balance to prevent falls. Discuss tips and tricks from experts at Fyzical Therapy & Balance Centers.

SATURDAY SAMPLER

SATURDAY, OCTOBER 26TH

9:00am-10:30am

Thinking about changing your fitness routine or trying a new class? Join us for a fun morning filled with sample-size classes of a variety of fitness formats we offer! More details to come!

REEL JUSTICE FILM SERIES

MONDAY, OCTOBER 28TH

3:00pm-4:15pm

Movie of the Month Club resumes with presenter, historian, and legal expert Frank Sachs. This month's film is **Inherit the Wind** (1960). Based on a real-life case in 1925, two great lawyers argue the case for a Tennessee teacher accused of the crime of teaching Darwin's theory of evolution. Sign up at the Membership Desk.

ONGOING ACTIVITIES

KNIT & CROCHET GROUP

MONDAYS 1:30-2:30

Work on projects while socializing with others.

BOOK GROUP

FIRST TUESDAY OF THE MONTH

Next meeting is Tuesday, October 1st 12:30-1:30pm. Read and discuss interestng and educational selections. Contact Gabe for details.

COFFEE TIME

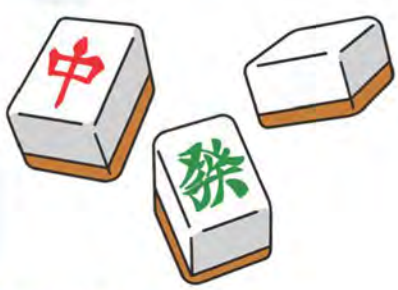
WEDNESDAYS 9:30-11:00AM

Enjoy a cup of coffee while you connect with friends! Coffee Time would not be possible without the help of our volunteers. Thank you Lisa, Sue, Wand and Bill for your help!

MAH JONG

WEDNESDAYS 12:30-3PM

Join the fun and challenge your skills. You will need to bring your own card. New players are encouraged to join and learn as they go!



COLORING & COFFEE

MEETS TUESDAY OCT. 8TH & TUESDAY OCT. 22ND

Come at 11:30am-12:30pm for a chance to relax, socialize and practice mindfulness. Bring your own supplies or use ours!

HAND AND FOOT

THURSDAYS 1-3:30PM

Come play cards with friends! Easy to learn and a fun way to make new friends too! Bring a snack to share if you'd like!

CARD MAKING GROUP

DETAILS TO COME

Make cards for any occasion while visiting with friends!

FOREVERWELL GROUP EXERCISE CLASSES

Monday

8:00-8:45am	Water Exercise	Jan	Pool
9:00-10:00am	Functional Fitness	Jane	Gym
10:00-10:45am	MS Water Exercise	Kathi	Pool
10:15-11:00am	SilverSneakers Circuit	Jane	Gym
10:45-11:30am	ForeverWell Cycle	Becky	Warehouse
11:15-12:15pm	ForeverWell Yoga	Jane	Studio A
5:30-6:30pm	Yoga	David	Studio B

Tuesday

6:15-7:00am	Water Exercise	Michele	Pool
8:00-8:45am	Water Exercise	Mary	Pool
8:15-9:00am	SilverSneakers Classic	Gabe	Studio A
9:15-10:00am	ForeverWell Balance	Gabe	Studio A
10:30-11:30am	Gentle Yoga	Gabe	Studio A

Wednesday

6:00-7:00am	Yoga	Nergis	Studio B
9:00-10:00am	Functional Fitness	Jane	Gym
9:00-9:45am	Water Exercise	Mary	Pool
10:15-11:00am	SilverSneakers Circuit	Jane	Gym
10:45-11:30am	ForeverWell Cycle	Becky	Warehouse
11:15-12:15pm	ForeverWell Yoga	Jane	Studio A
12:45-1:45pm	Tai Chi 1	Stephanie	Studio A
6:20-7:20pm	Yoga	David	Studio B
7:20-7:50pm	Meditation	David	Studio B

Thursday

6:15-7:15am	Water Tabata	Gayle	Pool
8:00-8:45am	Water Exercise	Mary	Pool
8:15-9:00am	SilverSneakers Classic	Gayle	Studio A
10:30-11:00am	MS Water Exercise	Mary	Pool
11:05-11:50am	Salsa Splash	Mary	Pool
11:30-12:15pm	ForeverWell Cardio Dance	Blanka	Studio A

FOREVERWELL GROUP EXERCISE CLASSES

Friday

8:00-8:45am	SilverSneakers Classic	Nicole	Studio A
9:00-9:45am	SilverSneakers Circuit	Nicole	Studio A
10:00-10:45	Water Exercise	Mary	Pool
11:30-12:15pm	SilverSneakers Yoga	Gabe	Studio B
12:30-1:30pm	QiGong	Karen	Studio A
5:30-6:30pm	Yoga	David	Studio B

Saturday

8:00-8:45am	Water Exercise	Michele	Pool
10:05-11:20am	Yoga	Susan	Studio B

Sunday

9:15-10:15am	Yoga	Dawn	Studio A