FOREVERWELL

OCTOBER 2024 | EAGAN

LEBANON HILLS HIKE MEET UP!

Thursday, Oct 17th | 3-4pm

Let's get outside together for a hike around Lebanon Hills! Various levels and distances available.

Feel free to bring guests of any age - this event is free for members and non-members! Must provide own transportation to Lebanon Hills Visitor Center.

Register at the front desk or by contacting Emilia.

SAVE THE DATE!

GROUP FITNESS

FALL BASH!

Saturday and Sunday, October 12-13th

The Eagan YMCA is celebrating the upcoming new class Les Mills BodyBalance/BodyFlow and the 100 release of Les Mills BodyCombat. Event is free with MANY more classes that weekend!!

NEW WATER EXERCISE CLASSES!

Check the class schedule for new water exercise classes!

Registration NO LONGER required for WEX starting Sept. 3

NEW MIND/BODY PROGRAM!

We are happy to announce that the Eagan YMCA is bringing back a program that has been loved by many. Starting on October 1st the Eagan YMCA will have Les Mills BodyBalance/BodyFlow back on the schedule.

Les Mills BodyBalance/BodyFlow is a Tai Chi, Pilates, Yoga class where instructors will take you through a variety of poses and stretches to rejuvenate the mind and the body.

BodyBalance/BodyFlow does have some poses that might not suit every audience. To provide some context BodyBalance would be a slightly more challenging yoga class then ForeverWell Yoga. There are also no chairs used in this class. BUT...if a chair is needed for you that is certainly OK!

Please check our schedule starting October 1st for days and times for your next Les Mills BodyBalance/BodyFlow class!!

BRANCH HOURS

Weekdays: 5am - 9pm
Saturday: 7am - 5pm
Sunday 7am - 5pm

EAGAN YMCA

Coordinator: Tommy Smith
651-319-8020
tommy.smith@ymcamn.org

COFFEE TIME

DAYS: T/W/TH TIME: 9:30AM - 11AM LOCATION: MPR

Enjoy a cup of coffee with friends. Feel free to hang out in the multi-purpose room, where the coffee is located or at the tables out in the main hall.

GAME GROUPS

DAYS: T & W TIME: 10AM | LOCATION: MAIN STREET

Whether you love to play scrabble, cribbage, or cards, join other members for some playtime. Cribbage boards are available at the front desk. Feel free to bring any other games you wish to play! Coffee is located in the Multi-Purpose Room.

MOVIE MATINEE | FREE

MONDAY, OCTOBER 14TH @ 11AM | LOCATION: MPR

Join us for a showing of the film Hocus Pocus "A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

LEGO TIME!!

FRIDAY, OCTOBER 25TH @ 10AM | LOCATION: MAIN STREET

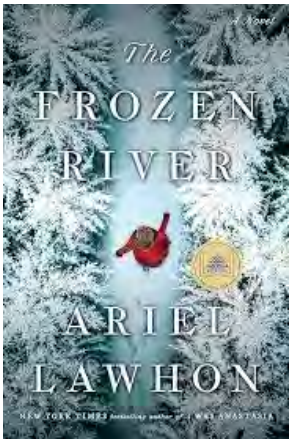
Stick around after class to join us in creating a fall themed Halloween Barn! Coffee and Halloween treats included!

BOOK CLUB

Join on the last Wednesday of the month. Discussion begins at 10:30AM in the multipurpose room. Led by Julie Michelson. Coffee is served. Please contact Tommy at tommy.smith@ymcamn.org if you would like to be added to the group email list for reminders.

UPCOMING BOOKS

October 30th: The Frozen River by Ariel Lawhon.



BONE HEALTH PRESENTATION

MONDAY, OCT 28TH | 11AM | MPR

Please join us for a presentation on Bone Health! Bones don't have to be a scary Halloween theme. Did you know that our bones are living tissue that continously break down and then grow! In this presentation we will go in depth about how bones work, types of bones, and how to strengthen our bones as we age!

Register at the front desk or by contacting Tommy. Coffee and light snacks provided!

FOREVERWELL GROUP EXERCISE CLASSES

Monday			
8:10am-8:55am	ForeverWell Cardio	Naomi	Studio B
9:10am-9:55am	Salsa Splash	Bethany	Pool
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
6:00pm-6:45pm	Water Exercise	Rotating Lori/Deb	Pool
Tuesday			
8:00am-8:55am	Shallow Water	Erin	Pool
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:10am-9:55am	Water Tabata	Gayle	Pool
1:30pm-3:00pm	Line Dancing	Wanda	Studio A
Wednesday			
9:00am-9:45am	Water Exercise	Susan	Pool
11:50am-12:35pm	ForeverWell Combo	Mary	Studio A
1:30pm-2:15pm	SilverSneakers Classic	Julie	Studio A
5:10pm-5:55pm	Arthritis Water	Mara	Leisure Pool
Thursday			
8:00am-8:45am	SilverSneakers Circuit	Naomi	Studio A
8:55am-9:40am	ForeverWell Yoga	Naomi	Studio B
9:00am-9:45am	Shallow Water	Erin	Pool
10:00am-10:45am	Deep Water Aerobics	Erin	Pool
11:50am-12:35pm	SilverSneakers Yoga	Julie	Studio A
7:15pm-8:00pm	Water Exercise	Kristi	Pool
Friday			
9:00am-9:45am	Water Exercise	Ginny	Pool
10:00am-10:45am	Arthritis Water	Mara	Leisure Pool
11:50am-12:50pm	ForeverWell Combo	Mary	Studio A
Saturday			
8:00am-8:45am	Salsa Splash	Mary	Pool

Reservations for Water Exercise NO LONGER Required!!!

*Updated 9/27/24

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Sept 30th FINANCIAL LITERACY PRESENTATION* 11 AM	1 COFFEE HOUR 9:30 AM	2 GAME TIME 10 AM COFFEE HOUR	3 COFFEE HOUR 9:30 AM	4	5
6	7 MOVIE MATINEE 11 AM	8 COFFEE HOUR 9:30 AM	9 GAME TIME 10 AM COFFEE HOUR	10 COFFEE HOUR 9:30 AM	11	12
13	14	15 COFFEE HOUR 9:30 AM	16 GAME TIME 10 AM COFFEE HOUR	17 COFFEE HOUR 9:30 AM LEBANON HILLS HIKE MEET UP* 3PM	18	19
20	21	22 COFFEE HOUR 9:30 AM	23 COFFEE HOUR GAME TIME 10 AM	24 COFFEE HOUR 9:30 AM	25 LEGO TIME! 10 AM	26
27	28 BONE HEALTH PRESENTATION 11 AM	29 COFFEE HOUR 9:30 AM	30 COFFEE HOUR GAME TIME 10 AM BOOK CLUB 10:30 AM	31 COFFEE HOUR 9:30 AM		*Registration for hike and presentation required. Register at front desk or by contacting Emilia

Will you join us in building a bright future for our Y community?

BECOME A SUSTAINING DONOR TODAY!

the Y

Stewards of the North Campaign

September 30 – October 4

Scan this code or go to **ymcanorth.org/stewards** to sign up online and receive a **custom donor car magnet** in the mail!

DON'T MISS OUT ON THE OPPORTUNITY TO **DOUBLE YOUR IMPACT**: When you sign up during the campaign, each recurring gift will be matched dollar for dollar for a full calendar year!