



# FOREVERWELL

APRIL | MAPLEWOOD

## SAVE THE DATE

**CPR**  
**9TH**  
**ROOMS A & B**  
**2PM-4PM**

**BINGO**  
**11TH**  
**ROOM C**  
**2PM-4PM**

**MOVIE DAY**  
**"THE NOTEBOOK"**  
**16TH**  
**2PM-4PM**

**WALK IN OPEN NO**  
**REGISTRATION NEEDED-**  
**BLUE**

**REGISTRATION WITH**  
**FRONT DESK REQUIRED-**  
**PINK**



## APRIL GROWTH

### BRANCH HOURS

Monday-Friday:

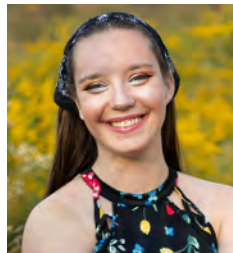
5am-9pm

Saturdays and  
Sundays:

7am-5pm

Front Desk:

651-747-0922



### MAPLEWOOD

2100 White Bear Ave.  
Maplewood, MN 55109

Contact: Ketzie Leake  
Ketzie.Leake@ymcamn.org

Phone:

612-268-0067

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

# SEAA

## AWARENESS MONTH

This month it is Stress awareness, Earth awareness, Alcohol awareness, and Autism acceptance. Throughout the month we will be doing activities and other programming to highlight the different studies. Look for things like sensory friendly coloring, recycling around the pond, tips for stress, and what is alcohol.

## WEEKLY ACTIVITY

### AUTISM ACCEPTANCE

This month each week we will be doing an activity that is sensory friendly and accepting for all people. We are doing a color by number activity, what is autism presentation with ribbon making, walk around the track/outside, and a puzzle and games activity. All of these things will be in one of our rooms with adaptable lighting, very little noise, and fidget toys available to play with. These activities will be each Monday starting at 4pm. The leader for these activities will be our ForeverWell Coordinator Ketzie and Alex.

Week one: What is Autism Presentation with ribbon making

Week two: Puzzles and games

Week three: Color by Number- Hosted by Alex

Week four: Walk around outdoors

Week five: Dance celebration.

## RECYCLE WALK

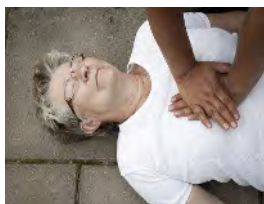
### EARTH AWARENESS

On Wednesday the 10th at 11am. We will do a walk around the pond observing nature and picking up trash and recycling. This walk will be roughly a mile along the pond trail. If it happens to be raining we will be walking on the inside track talking about ways that we could be more environmentally friendly here at the YMCA.

## CPR FOR SENIORS

### ACTIVITY

Our Engagement Director Anne, is going to be teaching an older adult specific CPR and Oxygen class. It will be CPR, First Aid, and Oxygen. This is not a Certification, just a way to refresh some skills you may already have or learn something new. It will be on the 9th from 2pm-4pm in Rooms A and B. Feel free to reach out if you have any questions.



## MOVIE DAY

This month we are watching "The Notebook" by Nicholas Sparks. The story goes something like this, an elderly man reads to a woman with dementia the story of two young lovers whose romance is threatened by the difference in their respective social classes. This will be held in Room D this month.



## BINGO

Come to BINGO for fun and socialization. There will be prizes for the 10 rounds of BINGO we will be doing. To help continue BINGO as our monthly tradition, donations of prizes and money will be accepted at any time. Please bring them to Ketzie in the office across from Studio B, at the Maplewood YMCA.



## BOOK CLUB

The First Wednesday of the month we get together and discuss the book we picked last month. If you are interested in learning more please reach out to Kat or Ketzie.

## VOLUNTEER OPPORTUNITY

We at the YMCA are looking for volunteers to help check people in to the YMCA. It is a great opportunity to connect with community members and learn more about your local YMCA.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE  
REGISTRATION WITH FRONT DESK REQUIRED- PINK

## TINK AND FRIENDS' FLITTERIFIC

### FAIRY EVENT

Welcome to Tink and Friends' Flitterific Tea Party! Join us for a magical gathering on Sunday, April 21st, 2024, at 11am and 1:30pm at the Maplewood YMCA Community Center. Bring your little ones for a whimsical experience filled with tea, treats, and fun activities with Tink and her friends. Children's General Admission tickets are \$50 and Children's VIP tickets are \$70. Adult tickets are \$10 for a seat along the outside of the event. If a parent/grandparent would like to sit next to their youth and partake in tea time activities with them, adults are also welcome to purchase a "children's" ticket. At least one adult is required to stay with their youth. Find out more information by scanning the QR Code.



## ABC'S OF MEDICARE

### EVENT

On the 24th from 2pm-3pm Pat will be coming in and talking about the different types of insurance in medicare and the different benefits to each plan. When to enroll in the different parts Parts A,B,C and D. As well as what else is included in each of the \$0 plans, included but not limited to Dental, Eyecare, Hearing aids, Fitness plans & Equipment (Pickleball equipment, Bikes, Golf clubs...). This will be held in Gladstone. If you have any questions please contact Ketzie.

## PARKINSON PRESENTATION

### EVENT



On April 3rd, at 1:30-2:30pm in Room A. Nearly one million people in the U.S. are living with Parkinson's disease (PD). This number is expected to rise to 1.2 million by 2030. Join us to increase your knowledge of PD. Learn about the common early symptoms. Everyone's experience is unique and no single one of these signs means a person has PD. Offered in cooperation with the Parkinson's Foundation Minnesota & Dakotas Chapter.

## PILATES REFORMER

Pilates focuses on your core strength while promoting overall mobility and strength. Deven, our Senior Coordinator of Health and Wellness, is offering free Pilates demos.

**Please talk to the Front Desk to sign up for a free 30 minute Pilates demo.**

## FOREVERWELL ORIENTATIONS

Interested in learning more about the YMCA and what is included in your membership? Get a tour of the facility as well. Sign up with Front Desk for small group orientations.

## Free 20 Minute Nutrition Consultation

Free 20 Minute consultation to see if you want to have a nutritionist through the YMCA. An experienced and certified nutrition specialist works with you to develop a personalized nutrition plan, to optimize your health. Food is medicine to prevent or address chronic symptoms or support your weight management goals. We have on sight a licensed nutritionist. This is offered as an in-person or virtual experience.

## BALANCE ASSESSMENTS

This month we will be doing balance assessments. It will be on April 1st from 8am-9am and the 23rd it will be from 2:30pm-3:30pm. You will be able to register for a time with the Front Desk. The assessments will be held in Studio A.

## VOLUNTEER OPPORTUNITY

We at the YMCA are looking for volunteers to help observe some of our larger classes. It will be for safety. It would be highly encouraged if you are or have been trained in CPR. If you would like to volunteer, please talk to Devan.

WALK IN, OPEN NO REGISTRATION NEEDED- BLUE

REGISTRATION WITH FRONT DESK REQUIRED- PINK

## WHAT TO LOOK FOR IN THE COMING MONTHS

### ASHLAND PRODUCTION

#### FINDING NEMO

On May 2nd Ashland Production, our theater located here in our building, will be showing "Finding Nemo." You will be able to sign up with the Front Desk if you want to go.

Marlin, an anxious and over-protective Clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their anemone home. But when Nemo is captured and taken to Sydney, Marlin faces his fears and sets off on an epic adventure across the ocean. With the help of lovable characters such as optimistic Dory, laid-back sea turtle Crush, and the supportive Tank Gang, Marlin and Nemo both overcome challenges on their journey to find each other and themselves.

### EMOTIONAL UPS AND DOWNS OF DECLUTTERING

#### HOME TIPS

Next month we will be having a spring cleaning theme. On May 6th from 2pm-3pm we will be having Mary and Dan Tillman come in and do a presentation on decluttering. Downsizing often requires people to let go of some of their possessions to fit their new lifestyle. This process can be emotionally exhausting. Sorting through sentimental items can surface mix feelings of guilt, sadness and anxiety. Join Dan & Mary Tillman, Seniors Real Estate Specialists, as they talk about ways to simplify the process, discover if you are a tosser or keeper and the benefits of both, and how to create a Legacy Closet for some of your cherished treasures. Lunch will be provided if you sign up. So please sign up with the front desk if you want food.

### ORGANIZE YOUR HOME

#### HOME TIPS

Keeping with the spring cleaning theme, on May 13th from 2pm-3pm. the mission is to serve seniors in the Twin Cities area by providing professional home organizing and moving services. Whether you're looking to declutter or rightsize/downsize to a smaller space, we're here to support you every step of the way!

### KEEPING KIDS SAFE AT THE Y

This month we are going to introduce the foundational habits of child sexual abuse prevention—Know. See. Respond. When put into practice, they help us create safer environments for children to grow and learn.

**Know:** Knowing about child sexual abuse can help us better understand what to look for and how to keep it from happening in the first place. As trusted adults to the young people in our lives, we play an important role in protecting them from abuse. Learn more about the different types of abuse, the signs and how you can help at [childhelpline.org](http://childhelpline.org)

**See:** When we know the signs of abuse, we can intervene on behalf of children. As a trusted adult, you may SEE your child interacting with media daily and you can be equipped with the tools and resources to make sure any environment (including online) is free from any abuse.

**Respond:** How can you RESPOND to the call to help prevent child sexual abuse? As a trusted adult, you may know it's important to talk about it, but you may not know what or when to say it. The Committee for Children has created the Hot Chocolate Talk campaign, packing decades of research into easy-to-use guides to help you begin these crucial conversations at any age, from toddler to teen.



## COMPETITIVE GAMES:

Interested in playing games? The YMCA has games every week. If you want to see more games or something new, please reach out to Ketzie. These games are all located in the Gladstone Room unless otherwise specified.

### MONDAY:

#### CARDS- 10:30AM-12PM

Learn to play card games. A typical game is Hand and Foot.

#### SCRABBLE- 11AM-12PM

Test your language skills. A dictionary is provided.

### TUESDAY:

#### MAHJONG- 11:30AM-2PM

It is a tile based game. Fun for all to play.

### THURSDAY:

#### CRAFTS AND CHAT- 12PM-2PM

Bring your knitting, crocheting, or other crafts and socialize.

### FRIDAY:

#### TEXAS HOLD-EM- 12:30PM-3PM

Come play Texas Hold-Em. It is one of the most popular variations of the card game Poker.

#### DOMINOES- 1PM-3:30PM

Come play Dominoes with modern versions included. Examples being Mexican train, chicken foot, wild fire, spinner, triominos. This one will be hosted in [Woodland](#) unless otherwise specified.

# ALCOHOL AWARENESS MONTH

## WHAT IS ALCOHOL?

What is alcohol? it is a colorless volatile flammable liquid that is produced by the natural fermentation of sugars and is the intoxicating constituent of wine, beer, spirits, and other drinks, and is also used as an industrial solvent and as fuel.



When does alcohol become an addiction? Alcohol addiction occurs when a person's body becomes so accustomed to having alcohol present that they experience alcohol withdrawal symptoms without it. Alcohol use disorder develops when you drink so much that chemical changes in the brain occur, increasing the pleasurable feelings you get when you drink alcohol, making you want to drink more often, even if it causes harm. Most people with an alcohol use disorder progress through three typical stages, with the second stage marked by a physical dependence on the drug.

How easy or difficult is it to give up alcohol? It depends on the individual and their personal circumstances. Some people try to quit cold turkey, but they end up drinking shortly afterward due to cravings and withdrawal symptoms. Others may find success with a gradual tapering approach, while still others benefit from more comprehensive treatment programs which combine medical treatment and psychological counseling. The National Institute on Drug Abuse (NIDA) explains that addiction is treatable. Treatment gives people the power to fight back against addiction's destructive consequences on their brains and bodies, giving them the chance to take control of their lives. Ultimately, everyone is different, so it's important to find out what works best for you and stick with it, instead of giving up if the first try isn't successful. It may take some time, but there are plenty of resources available to help you on your journey toward sobriety.

What does alcohol withdrawal look like? Alcohol withdrawal can cause physical and emotional symptoms. Some of the most common symptoms include: Shaking, Sweating, Headache, Nausea, Agitation, Irritability. Some have Anxiety, Mild symptoms of alcohol withdrawal include shaking, Mild Sweating, Mild Anxiety, Fatigue, Headaches, Insomnia and Nausea.

To drink an amount of alcohol that reduces the risk of negative side affect, you should: Consume no more than two to three drinks per day to avoid increasing your risk for cancer and heart problems. Cap yourself at one drink per day for women and two for men to keep your cancer risk low. Stick to the daily limit of one drink, which is considered to be 12 ounces of regular beer, 1.5 ounces of liquor, or 5 ounces of wine. Limit alcohol to no more than 3 standard drinks per day, 15 standard drinks per week, and 4 standard drinks on special occasions.



If you or anyone you know need help please feel free to contact this number **1-800-662-HELP (4357)**

# BRAIN GAME

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Brain Teaser

Can you guess the common saying or expression?

|                            |                       |         |
|----------------------------|-----------------------|---------|
| Personality<br>Personality | chair                 | BUSINES |
| S<br>L<br>O<br>W ↓         | S<br>T<br>A<br>N<br>D | RAVEN   |
| DOOR                       | VIOLETS               | VISION  |

Name: \_\_\_\_\_

© Thinking Outside the Logic Puzzle

### LOGIC PUZZLE #4

Six leprechauns granted wishes to different children. Figure out which leprechaun granted each child's wish and what the child wished for.

|                  | Georgie                             | Lucky                               | Tricky                              | Freckles                            | Tiny                                | Paddy                               | Money                               | 3 More Wishes            | Lots of Desserts                    | A Horse                             | A Castle                            | Good Grades                         |
|------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|--------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| Amber            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| David            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| Sarah            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
| Nick             | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| Izzy             | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| Sam              | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> |
| Money            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| 3 More Wishes    | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| Lots of Desserts | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |
| A Horse          | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            |
| A Castle         | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input checked="" type="checkbox"/> | <input type="checkbox"/>            |
| Good Grades      | <input checked="" type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/> | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            | <input type="checkbox"/>            |

- Neither David nor Izzy got their wish granted by Lucky.
- Georgie granted the wish for good grades.
- Either Sarah or Sam wished to live in a castle.
- All Nick could think about when talking to Freckles was buying a bunch of video games and candy.
- Paddy, who granted the wish for more wishes, did not speak to Amber.
- Izzy has a huge sweet tooth!
- Lucky gave Sarah the horse she always wanted.
- Sam talked to Tiny.



### March Answers:

Amber - Georgie - Good Grades

David - Paddy - 3 More Wishes

Sarah - Lucky - A Horse

Nick - Freckles - Money

Izzy - Tricky - Lots of Desserts

Sam - Tiny - A Castle



# MONTH GAMES

| SUNDAY    | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|-----------|---|--|--|--|--|-----------|
|           | Cards- 10:30am-12pm<br>Scrabble- 11am-12pm<br>What is Autism- 4pm-5pm<br><br><b>01</b>    | Mahjong- 11:30am-2pm<br><br><b>02</b>                                      | Parkinson Presentation- 1:30pm-2:30pm<br>Book Club- 2pm-3pm<br><br><b>03</b> | Crafts and Chat- 12pm-2pm<br>Ping Pong- 11:15am-1pm<br><br><b>04</b>                   | TX Hold-Em- 12:30pm-3pm<br>Dominoes- 1pm-3:30pm<br><br><b>05</b> | <b>06</b> |
| <b>07</b> | Cards- 10:30am-12pm<br>Scrabble- 11am-12pm<br>Puzzles and games- 4pm-5pm<br><br><b>08</b> | Mahjong- 11:30am-2pm<br><br><b>09</b>                                      | <b>10</b>  | Crafts and Chat- 12pm-2pm<br>Ping Pong- 11:15am-1pm<br>Bingo- 2pm-4pm<br><br><b>11</b> | TX Hold-Em- 12:30pm-3pm<br>Dominoes- 1pm-3:30pm<br><br><b>12</b> | <b>13</b> |
| <b>14</b> | Cards- 10:30am-12pm<br>Scrabble- 11am-12pm<br>Color By Number- 4pm-5pm<br><br><b>15</b>   | Mahjong- 11:30am-2pm<br>Movie day- "The Notebook" 2pm-4pm<br><br><b>16</b> | Walk the pond- 11am<br><br><b>17</b>   | Crafts and Chat- 12pm-2pm<br>Ping Pong- 11:15am-1pm<br><br><b>18</b>                   | TX Hold-Em- 12:30pm-3pm<br>Dominoes- 1pm-3:30pm<br><br><b>19</b> | <b>20</b> |
| <b>21</b> | Cards- 10:30am-12pm<br>Scrabble- 11am-12pm<br>Walk the pond- 4pm-5pm<br><br><b>22</b>     | Mahjong- 11:30am-2pm<br><br><b>23</b>                                      | ForeverWell slide- 8:50am-9:50<br><br><b>24</b>                              | Crafts and Chat- 12pm-2pm<br>Ping Pong- 11:15am-1pm<br><br><b>25</b>                   | TX Hold-Em- 12:30pm-3pm<br>Dominoes- 1pm-3:30pm<br><br><b>26</b> | <b>27</b> |
| <b>28</b> | Cards- 10:30am-12pm<br>Scrabble- 11am-12pm<br>Dance Party- 4pm-5pm<br><br><b>29</b>       | Mahjong- 11:30am-2pm<br><br><b>30</b>                                      |  |  |  |           |



# WHAT CLASS IS RIGHT FOR ME?

## JUST GETTING STARTED

Designed for people who are 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 option for those with the concerns for falling.

SilverSneakers Classic  
SilverSneakers Yoga  
Water Ex

## ALREADY ACTIVE

Designed for people who exercise 1-3 times 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 the floor. Perfect for people who want to improve their balance and endurance.

ForeverWell Circuit  
Tai Chi  
Line Dancing  
Drums Alive

## EXERCISING REGULARLY

Designed for people who exercise at least 3 times 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 the floor. Perfect for people who want to maintain or improve their balance cardiovascular health and/or endurance.

ForeverWell Strength  
Yoga  
ForeverWell Cardio  
Zumba Gold

## Body Pump Tips and Techniques:

This class is for the people that are regularly exercising and want to improve their strength. We are doing a tips and tricks class for those that are interested in joining the Body Pump class but are apprehensive to join without prior training.

it will be from  
7:30-8am:

April 1st

April 8th

April 15th

# LOOKING FOR A TIME TO DO THESE CLASSES

**SCHEDULE SUBJECT TO CHANGE OR REQUIRE SUBSTITUTE TEACHERS**

## JUST GETTING STARTED CLASS TIMES

MONDAY-  
SilverSneakers Classic- 9:15-10am  
Water EX- 10:30-11:15am  
SilverSneakers Classic- 1-1:45pm  
TUESDAY-  
SilverSneakers Yoga- 1:15-2pm  
SilverSneakers Yoga- 2:15-3pm  
WEDNESDAY-  
Water EX- 8-8:45am  
SilverSneakers Classic- 9:15-10am  
SilverSneakers Classic-12:45-1:30pm  
THURSDAY-  
SilverSneakers Yoga-12:15-1pm  
SilverSneakers Yoga- 1:15-2pm  
FRIDAY-  
SilverSneakers Classic- 9:15-10am  
Water Ex- 10:30-11:15am

## ALREADY ACTIVE CLASS TIMES

MONDAY-  
Tai Chi- 11:30am-12:30pm  
TUESDAY-  
Line Dancing-11-11:45am  
SilverSneakers Circuit- 12:15-1pm  
WEDNESDAY-  
Drums Alive- 11:30am-12:30pm  
THURSDAY-  
SilverSneakers Circuit- 12:15-1pm  
SilverSneakers Yoga- 1:15-2pm  
Drums Alive- 6-6:45pm

## EXERCISING REGULARLY CLASS TIMES

MONDAY-  
Zumba Gold- 10:30-11:30am  
TUESDAY-  
None available at this time  
WEDNESDAY-  
Zumba Gold- 10:30-11:30am  
Yoga- 11:30am-12:30pm  
THURSDAY-  
ForeverWell Cardio- 9:15-10am  
ForeverWell Strength- 10:15-11am  
FRIDAY-  
Zumba Gold- 10:30-11:30am  
Yoga- 11:30am-12:30pm