



FOREVERWELL

MAY 2025 | BURNSVILLE YMCA



Recurring Activities

Monday

Knit and Crochet Group

1:30 pm -2:30 pm

Tuesday

Book Club ***5/6***

12:00 pm - 1:00 pm

Coffee and Coloring

5/13 and 5/27

11:30 am-12:30 pm

Card Making ***5/12***

11:15 am - 12:45 pm

Wednesday

Coffee Time

9:30 am-11:00

Mahjong

12:30 pm-3:00 pm

Thursday

Hand and Foot

1:00 pm-3:30 pm

*** = Specific Day**



WHAT IS FOREVERWELL?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life. Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community. Check out all of our activities in this newsletter.

BRANCH HOURS

Monday - Friday 5 am-9 pm
Saturday - Sunday 7 am-5 pm

BURNSVILLE MN

13850 Portland AV
Burnsville, MN 55337

Senior Health and Wellness Day!



Wednesday, May 28th is National Senior Health and Fitness Day.

Make sure to stop into the YMCA and get a good workout in and see what we have set up!

NEW APP!



Please download our new app!



Android



Apple

If you would like help or want more information, please ask the front desk!



FOREVERWELL CONNECTION

LUNCH & LEARN

Tuesday, May 20th, 2025

12:00-1:30 PM

TOPIC: Living in the Blue Zones

What determines a Blue Zone? How can we learn to live longer, and healthier lives, from lessons learned around the world?

This interactive discussion group depends upon shared experiences, along with some structured information, for its success. Participant interest, need, and energy will drive exploration and discussion.

Join Chris Farris, MS, RN, PHN, for a ForeverWell Connection. Chris is an eldercare consultant and educator who serves as discussion leader.

NEW CLASS!!

Sound Bowl!

Classes will be held on Tuesdays and Thursdays from 10:45 - 11:30 am in studio B!



FOREVERWELL CLASSES

Monday

8:00 am Water X - Lap/Leisure Pool
9:00 am Functional Fitness - Gym
10:00 am MS Water X - Lap Pool
10:15 am Silver Sneakers Circuit - South Gym
10:45 am Foreverwell Cycle - Warehouse
11:15 am Foreverwell Yoga - Studio A

Tuesday

6:15 am Water X - Lap Pool
8:00 am Water X - Lap/Leisure Pool
8:15 am Silver Sneakers Classic - Studio A
9:15 am Foreverwell Balance - Studio A
10:30 am Gentle Yoga - Studio A
10:45 am Sound Bowl - Studio B

Wednesday

9:00 am Functional Fitness - Gym
9:00 am Water X - Water Exercise - Lap/Leisure Pool
10:15 am Silver Sneakers Circuit - Gym
10:45 am Foreverwell Cycle - Warehouse
11:15 am Foreverwell Yoga - Studio A
12:45 pm Tai Chi - Studio A

Thursday

8:15 am Silver Sneaker Classics - Studio A
9:30 am Water X - Lap/Leisure Pool
9:30 am Barre Fusion - Studio B
10:30 am MS Water X - Leisure Pool
11:05 am Salsa Splash - Lap Pool
11:30 am Cardio Dance - Studio A
10:45 am Sound Bowl - Studio B

Friday

8:00 am Silver Sneakers Classic - Studio A
9:00 am Silver Sneakers Circuit - Studio A
10:00 am Water X - Lap/Leisure Pool
11:30 am Silver Sneakers Yoga - Studio A
12:30 pm QiGong - Studio A

Saturday

8:00 am Water X - Studio A



MAY

APRIL ANNOUNCEMENTS



May 26th is Memorial Day!

Spend some time thanking those who have served our country and keep in your memories all of those who have sacrificed everything for us.



Bingo!

Come and join us for bingo!

When? Friday, May 23rd from 12:30 - 1:30pm

Where? Burnsville YMCA Community room



With heart health at the front of our minds this month, we want to remind you that the National Academy of Sports Medicine (NASM) recommends 150 minutes of moderate to vigorous exercise every week! So make sure to come on in to the YMCA to get your exercise in for the week!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOREVERWELL ORIENTATION

1ST AND 3RD MONDAYS | 10:30 AM



Join us for a 30-minute ForeverWell Orientation at the Burnsville 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 the YMCA's 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, strength training, water aerobics, 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 Burnsville YMCA.

RSVP at Member Services



May Word Search

S R R S N E E Z I N G A G C K
S G F G O G M B I K I N G R L
W R I R U R M H Q F U Y O S A
E I T O T E E W C G C H U M K
L L N U D E M S I A A F T O E
L L E P O N O U N L M I D T S
N I S E O G R N C L P S O H W
E N S X R R I S O E I H O E I
S G S E S A A H D R N I R R M
S T U R M S L I E G G N S S M
V R M C X S D N M I C G P D I
F A M I L Y A E A E A B O A N
E V E S H M Y W Y S B E R Y G
Q E R E K P H L O N I E T B X
F L O W E R S P M H N S S I I

Group Exercise	Outdoor Sports	Memorial Day	Bees
Cinco De Mayo	Green Grass	Mothers Day	
Sneezing	Wellness	SunShine	
Outdoors	Swimming	Flowers	
Fishing	Camping	Allergies	
Grilling	Fitness	Summer	
Travel	Biking	Family	
Lakes	Cabin		