



FOREVERWELL

GET ACTIVE. STAY FIT. BE SOCIAL.

July 2025 | SOUTHDALE

At a Glance...

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CELEBRATE COMMUNITY

July's theme encourages you to Celebrate Community and "Deepen Your Connection".

At Southdale YMCA, we believe in the power of community—and this summer, we're celebrating the many ways our ForeverWell members can stay connected, active, and appreciated.

Join us on **Wednesday, July 23rd** for our **Member Appreciation Picnic Lunch!** All are welcome to enjoy good food, great company, and a chance to connect with friends old and new.

Want to get to know your fellow gym-goers a little better? Take our quick **music survey** and find out what tunes are powering workouts around the Y—your favorites might be more popular than you think!

Looking for extra motivation or a little companionship during your workouts? Sign up for our **Gym Buddy Matchmaker Program**—it's a fun way to meet someone with similar fitness goals and build friendships along the way.

Enjoy reading about how **Anne**, Personal trainer and Group X Instructor is inspired by the members she works with every day as well as how member, **Carol**, considers the Southdale Y her home away from home!

Let's celebrate the strength of our community—together!

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 JULY

BLOOMINGTON PUBLIC HEALTH –RESOURCE TABLE

Wednesday July 9th, 10am-Noon | Lobby

Public health staff from the City of Bloomington will be available in the lobby to provide resources for wellbeing.



HERSELF HEALTH – RESOURCE TABLE

Monday July 14th, 10:30-Noon | Lobby

Come learn about how Herself Health can be a resource for your healthcare. Herself Health is a primary care practice specifically designed for women aged 60 and above. Our mission is to improve health outcomes and enhance overall quality of life. We provide a whole-person, focused approach to care and work with you on solutions for health conditions commonly affecting women 60 and above. Herself Health offers meaningful support from providers and your care team to genuinely get to know you



COFFEE CONCERT SERIES

Classical Guitarist, Charlie Pydych | Thursday, July 17th, 10:30-11:30am | Lobby

Charlie Pydych will be back to offer a warm and inviting coffee house experience for our members in the lobby, where you can enjoy live music while sipping coffee and visit with friends.

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.



COMMUNITY FUN FEST -MEMBER APPRECIATION PICNIC

Wednesday, July 23rd | 11am-1pm



COMMUNITY FUN FEST

JOIN US AT THE SOUTHDAL Y, WEDNESDAY
JULY 23RD FROM 11AM-1PM FOR A
MEMBER APPRECIATION PICNIC | FREE!
NO RSVP REQUIRED

We will be grilling hot dogs and providing a free picnic lunch as a way to show our appreciation to our wonderful members!

Picnic will take place in the back parking lot near the picnic pavilion. Music, games and activities for the kids will also be available. In case of rain, picnic will be held in the lobby.

DONATIONS TO OUR ANNUAL FUND ENCOURAGED!
SCAN THE QR CODE OR GO TO THE WEBSITE TO
DONATE TODAY!
Give | YMCA of the North (ymcanorth.org)

EDINA SOUTHDAL YMCA



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, July 15th; 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 to 11 points and allow others to rotate in to play.*

PICKLEBALL

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).

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 evidence based 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. (*July 9th*) 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

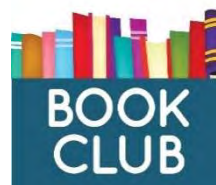
Join fellow book lovers on the 2nd Wednesday of each month from 11:30 am - 12:30 pm (June 9th) to visit and discuss the monthly reading selection. New faces always welcome! If you haven't had the opportunity to read the book, come anyway to enjoy the discussion. *No registration required.*

Upcoming Book Club Selections:

July 9th, "Crow Mary", Kathleen Grissom

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

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



FREE LIBRARY

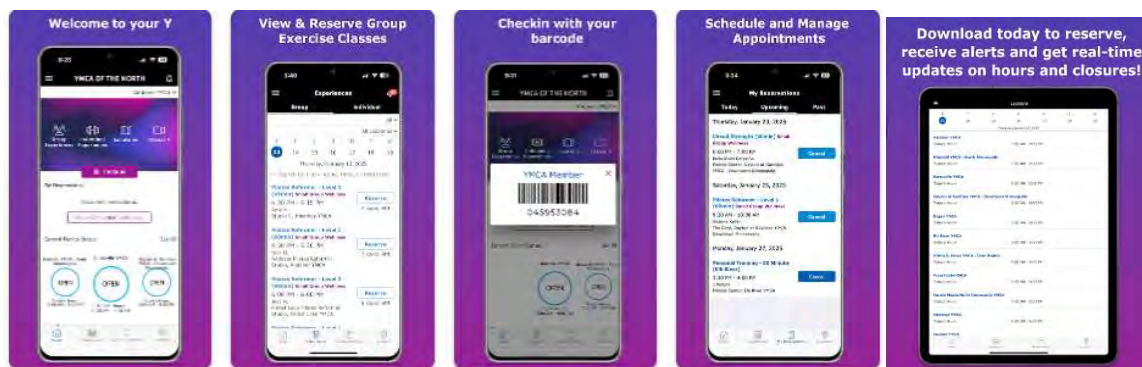
The Southdale YMCA Free Library is a community resource for both kids and adults to enjoy! Our shelves are getting a little empty, and we need your help to keep this wonderful resource thriving. If you have gently used books that you're ready to part with, please consider donating them so someone else can discover a new favorite. Whether you're looking for a good read or want to share the books you've already enjoyed, our library is here for you. Simply drop off your donations in the book bin in the lobby or place them directly on the bookshelf. Take a book, leave a book, and help spread the joy of reading!



APP-TITUDE: THE NEW YMCA OF THE NORTH MOBILE APP IS HERE!

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.

[YMCA of the North App](#) or <https://www.ymcnorth.org/app/ymca-mn>



DEEPEN YOUR CONNECTION AT THE SOUTHDAL Y

WHAT MUSIC MOTIVATES YOU? MEMBER SURVEY

What's playing in your headphones at the Y? Is it classic Rock & Roll? True crime podcasts? A hit reality TV show? Taylor Swift on repeat? Or maybe just some calming white noise?

Whatever gets you moving — we want to know! Tell us what motivates you during your workout and why.

Scan the QR code or fill out the half sheet at the front desk to share your answer for a chance to win a prize!



GYM BUDDY MATCH MAKER

Looking for a gym buddy? Look no further!

STEP 1... Submit your name, contact & workout preferences using the entry slip at the welcome desk.

STEP 2... We will contact you once we find someone with similar interests, schedule & demographic as you!

A gym buddy is someone who shares your fitness goals and schedule, commits to working out with you regularly & provides motivation, support, and safety during workouts. Fill out a slip to get your perfect match!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM BUDDY MATCH MAKER

LOOKING FOR A GYM BUDDY?
SIGN UP TO GET YOUR PERFECT MATCH!

How does it work?

STEP 1 Submit your name, contact & workout preferences using the entry slip at the welcome desk

STEP 2 We will contact you once we find someone with similar interests, schedule & demographic as you!



A Gym Buddy is someone who:

- Shares your fitness goals and schedule
- Commits to working out with you regularly
- Provides motivation, support, and safety during workouts



the Y

GYM BUDDY MATCH MAKER

NAME: _____ PHONE: _____

I AM INTERESTED IN: ☐ FITNESS FLOOR ☐ FITNESS CLASSES
☐ SWIMMING ☐ OTHER (EXPLAIN): _____

I'D LIKE TO WORKOUT DURING...

THESE DAYS: ☐ M ☐ T ☐ W ☐ TH ☐ F ☐ S ☐ SU
THESE TIMES (EXPLAIN): _____

SAFETY AT THE YMCA -JULY

COMMUNITY CARE THROUGH OUR CODE OF CONDUCT

The YMCA of the North Code of Conduct helps us keep ourselves and others safe by reminding us of the impact our words and actions can have on our environment. By keeping our core values of caring, equity, honesty, respect and responsibility in mind, we can ensure that YMCA programs and spaces feel safe for all.

Each of us has a responsibility to keep ourselves and our possessions safe at the Y by limiting the valuables with bring with us and by always using a lock on our lockers. Keys and phones can be locked in small lockers or should be kept with us at all times. Never leave your keys or phone in your jacket or outside your line of sight.

These tips from the NHTSA regarding protecting ourselves from vehicle theft are great reminders for us in all public spaces including at the Y:

WHAT YOU SHOULD KNOW

Prevent Vehicle Theft:

PARK in well-lit areas.

STOW away valuables.

LOCK cars and windows.

DO NOT leave keys in car
AND

NEVER leave your vehicle
while it's running.



PROTECT YOUR VEHICLE FROM THEFT



NHTSA

[NHTSA.gov/theft](https://www.NHTSA.gov/theft)

Sources: NHTSA and NICB

TEAM MEMBER SPOTLIGHT

PERSONAL TRAINER/GROUP FITNESS INSTRUCTOR | ANNE HUSSION

How long have you been teaching?

I have been teaching at Southdale YMCA for 27 years! I retired from my financial services job 3 years ago so now this is my primary job.

What do you teach? What classes do you enjoy teaching the most?

I enjoy all of the formats but I really like teaching Yoga. It helps me to slow down, stretch and breathe! Pilates Reformer has been a fun addition, and I am enjoying the creativity it provides. I also always love a good strength workout.

What is the benefit for a member to take a group x class?

Besides the health benefits and exercise, there is a lot of energy that is generated when members workout together, also the opportunity to develop friendships and to make social connections. We have fun together!

Of the classes you teach, which one's help improve functional strength and balance? Can you provide a few examples of exercises that help with that?

The FW Strength and Yoga formats are both very functional and challenging. In FW strength, squats, planks and multi directional movements like *wood chops*, use multiple muscle groups - especially core, as they work together to complete an exercise. In FW Yoga, the movements challenge our core (Pilates exercises), strengthen our legs (warrior positions) and allow us to work on our balance. Balance is required for just about ALL of the movements in Yoga.



Wood chop exercise

Why do you like to personal train? What is the benefit to a member? What aspects of working one on one with a client do you enjoy?

Definitely the relationships. I love learning about people's stories and wellness journeys and also hearing about health challenges. Through personal training, my clients and I work as a team to help them to reach their highest potential and goals with minimal risk and navigate the challenges. It is rewarding to work alongside clients as they get stronger, more confident and reach their goals.

What do you like to do outside of the Y for fun and/or recreation?

My husband and I love to be outside and enjoy gardening, biking, downhill skiing and hiking. We enjoy spending time at our family home in Northern Michigan, that is located near Traverse City.

Anything else you would like to share?

I have three adult children- all boys that live in Chicago. Two were recently married and now I have 2 daughters-in-law! I am so excited about our growing family and growing sisterhood!!!

Anne can be reached at anne.hussian@ymcamn.org. Schedule your fitness assessment with Anne today!

FOREVERWELL MEMBER SPOTLIGHT

CAROL LOGAN

How has the Y (Foreverwell Program) benefited you as you have moved through different chapters of your life?

When I first joined in 2016, I used to work out at the Y for up to three hours a day seven days a week, and at the age of 73 I was almost able to keep up with the 20-somethings in my Tread and Shed class. I also used to attend the huge annual YMCA fitness event at the Minneapolis Convention Center.

Because I have four chronic health conditions, exercising regularly at the Y has helped me stay strong and healthy, despite these conditions. It has also allowed me to avoid shoulder replacement surgery, especially by using the EGYM to strengthen my supporting muscles and to increase flexibility and range of motion.



During COVID I stayed fit by religiously participating in two classes every day in my living room on the Virtual Y.

How do you feel connected to the Y community?

I love going to Silver Sneakers Circuit three days a week with two special friends because having a teacher and stimulating music is very motivating, and being with a large group of motivated people is inspiring. I've taken advantage of the free fitness assessments and balance and flexibility assessments with a personal trainer or with Roxy (Fitness Instructor), on a regular basis to check on my progress.

I love the many free informational programs presented by outside specialists (on osteoporosis, Alzheimer's disease, macular degeneration, etc.). I also enjoy the Octogenarian Luncheons. I am incredibly grateful that my health insurance now pays for my Y membership and show my gratitude by being a Y Sustaining donor.

I love public speaking, so I am happy to share my Y experience with prospective members.

Is there anything else you would like to share?

I have belonged to many other fitness organizations (Sabes JCC, YWCA, LA Fitness, Exercise Coach, Orange Theory and LifeTime) and I feel most at home at the YMCA Southdale.

"I consider the Southdale YMCA my home away from home!"

STRENGTH TRAINING IS THE BEST WAY TO DECREASE FALL RISK!

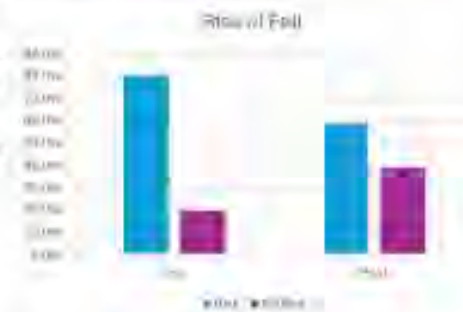
BALANCE STUDY SHOWS DECREASED RISK OF A FALL

The results of an 8-week study of new members aged 65+ at Woodbury, Burnsville, Southdale and Ridgedale indicate that activities at our branch locations do reduce participants' fall risk. Members in this age group who joined the YMCA of the North between the months of June-September 2024 were invited to participate in the study.

The study utilized a pre/post-assessment design using a tool provided by the [CDC's Stopping Elderly Accidents, Deaths & Injuries \(STEADI\) Initiative](#) that included self-report, blood pressure, and three different balance measures. Baseline measurements were collected in September and post-assessments were completed in November.

A total of 46 participants (12 male; 34 female) completed the entire study; they were not restricted to specific activities at the Y but rather were free to engage in any activity they wished. Results indicated a 27% decrease in risk from pre- to post-assessment, as shown in the chart at right. **These results were statistically significant, which means they weren't due to chance.**

The odds of fall risk, as determined by an odds ratio, were even more exciting: **participants were 18.9 times more likely to avoid a fall post-intervention.**



Since the results were significant, and not due to chance, what variables made the difference?

- Participant data was grouped by activity type which included facilitated strength-based activities (strength group exercise classes, small group training, eGym and personal training); flexibility, cardio or Silver Sneakers classes; a combination of activities that included strength, cardio, flexibility or Silver Sneakers; and those who did not workout at all. **We learned that folks who engaged in facilitated strength-based activities were 60% more likely to reduce their fall risk. Members who engaged in a combination of activities were 30% more likely to reduce their fall risk; and those who engaged in cardio activities only were 25% more likely to reduce their fall risk.**
- The number of facility visits also mattered. **Members who engaged in their activity at least two times per week were more likely to reduce their risk of a fall.**

It is exciting to have real-world data to demonstrate the impact of the Y on member [wellbeing](#); through MOVE activities, we are RESTORING this population's quality of life.

- Falling is the leading cause of injury and injury-related deaths for Americans aged 65 and older; one older adult falls each second of each day impacting one in four Americans aged 65 and older annually (Kakara, R. et al., 2023; Kakara R.S., Lee R., & Eckstrom E.N., 2023).
- Fall-related deaths among Americans aged 65 and older increased 12.5% from 2018 to 2022 (U.S. Department of Health and Human Services, n.d.).
- Additionally, non-fatal falls decrease the quality of life for this age group by restricting activities due to bone or brain injury and inducing a fear of falling that can lead to feeling isolated and depressed (Center for Disease Control, 2024; National Council on Aging, 2021).

Our study data confirms Y of the North addresses [social drivers of health](#) and aligns us to national initiatives like [Healthy People 2030](#) by demonstrating our contribution to a key objective to reduce fall-related deaths among older adults.

A huge thank you to the study team of branch leaders and team members at the four locations who administered the assessments, Michelle Lunde for providing a way to schedule assessments and incentivize participants, and Jennifer Mason for designing the study and analyzing the results!



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 – JULY

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

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

Aquaflow	7:45-8:30am	Leisure Pool	Mel
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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July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*open ping pong 1-4pm M T, TH 11:30-4pm W,F		1 -Pickleball 11am - 12:45 pm	2 -Pickleball 11:30 am – 3:30 pm	3 Sip Happens 8-12 -ForeverWell Orientation 9:30 -Pickleball 11am - 12:45 pm	4 <i>The Fourth of July</i> YMCA Closed	5
6 -Pickleball 9-11:30 am (HALF GYM) -	7 -Beginning Bridge 9:30-11am -Pickleball 11:30a -3:30p	8 -Pickleball 11am - 12:45 pm	9 - Restore and Recover 9-10am -City Of Bloomington Resource Table 10am-noon - Book Club 11:30 – 12:30 Pickleball 11:30- 3:30 pm	10 Sip Happens 8-12 -ForeverWell Orientation 9:30 -Pickleball 11am - 12:45 pm	11 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am -3:30pm	12
13 -Pickleball 9-11:30 am (HALF GYM)	14 -Beginning Bridge 9:30-11am -Herself Health Resource Table 10:30-noon -Pickleball 11:30a – 3:30p	15 -Pickleball 11am - 12:45 pm -Let's Connect Orientation 10am- 11am	16 - Pickleball 11:30 am-3:30 pm	17 Sip Happens 8-12 ForeverWell Orientation 9:30 -Coffee Concert 10:30-11:30 - Pickleball 11am- 12:45 pm	18 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am -3:30pm	19 -
20 -Pickleball 9-11:30 am (HALF GYM)5	21 -Beginning Bridge 9:30-11am -Pickleball 11:30a – 3:30p	22 -Pickleball 11am - 12:45 pm	23 -Pickleball 11:30 am- 3:30pm -Community Picnic 11:00am-1:00pm	24 Sip Happens 8-12 ForeverWell Orientation 9:30 - Pickleball 11am - 12:45 pm	25 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am-3:30 pm	26
27 -Pickleball 9-11:30 am (HALF GYM)	28 -Beginning Bridge 9:30-11am --Pickleball 11:30a – 3:30p	29 -Pickleball 11am - 12:45 pm	30 -Pickleball 11:30 am-3:30 pm	31 Sip Happens 8-12 ForeverWell Orientation 9:30 - Pickleball 11am - 12:45 pm	8/1 -Open Mahjong 9:30 - 11:45am -Pickleball 10:30 am-3:30 pm	8/2