



ForeverWell Group Exercise Schedule - Land

ST. PAUL EASTSIDE | July 1-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Stretch		9:30am - 10:00am <i>CONFERENCE ROOM</i>					
SilverSneakers® Circuit	1:30pm - 2:15pm <i>FITNESS STUDIO</i>		11:10am - 11:55am <i>FITNESS STUDIO</i>		11:10am - 11:55am <i>FITNESS STUDIO</i>		
SilverSneakers® Classic		10:15am - 11:00am <i>FITNESS STUDIO</i>		10:15am - 11:00am <i>FITNESS STUDIO</i>			
SilverSneakers® Yoga	9:00am - 9:50am <i>FITNESS STUDIO</i>			9:00am - 10:00am <i>FITNESS STUDIO</i>			



ForeverWell Group Exercise Schedule - Water

ST. PAUL EASTSIDE | July 1-31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ForeverWell Water Exercise	10:00am - 10:45am <i>LAP POOL</i>		10:00am - 10:45am <i>LAP POOL</i>		10:00am - 10:45am <i>LAP POOL</i>		