



FOREVER FIT

NOVEMBER 2025



FOREVERWELL®

**SPECIALIZED
WELLNESS
PROGRAMS**

FOR AGES 55+

SPONSORED BY:  **network
health**



FOND DU LAC FAMILY YMCA

Stay strong and active with low-impact fitness options to improve strength, balance, and flexibility. Fun and safe for all fitness levels.


**WATER AEROBICS
SCHEDULE
ON BACK**

LAND FITNESS CLASSES

MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

CHAIR YOGA
7:00 – 7:45 am
Studio 4

**FOREVER FIT
FLEX & FLOW**
10:15 – 11:15 am
Community Gym

**FOREVER FIT
CARDIO CIRCUIT**
10:15 – 11:15 am
Community Gym

CHAIR YOGA
10:15 – 11:15 am
Community Gym

**FOREVER FIT
STRENGTH IN
MOTION**
9:15 – 10:15 am
Community Gym

CHAIR YOGA
10:15 – 11:15 am
Community Gym

**TAI CHI
CONCEPTS**
10:30 – 11:30 am
Studio 4

ZUMBA GOLD
10:00 – 10:45 am
Studio 1

AGELESS ENERGY
11:30 – 12:15 pm
Community Gym

**STRENGTH &
STABILITY**
1:30 – 2:15 pm
Studio 4

**STRENGTH &
STABILITY**
1:30 – 2:15 pm
Studio 4

**TAI CHI
CONCEPTS**
1:30 – 2:30 pm
Studio 4

SCAN FOR ALL



**FOREVERWELL
OFFERINGS**

WATER AEROBICS

NOVEMBER 1-NOVEMBER 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	MORNING AQUABLAST WITH FRIENDS Kelly 7:15 - 8:00 am		MORNING AQUABLAST WITH FRIENDS Kelly 7:15 - 8:00 am		
POOL PARTY Keelyn 8:00 - 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	POOL PARTY Keelyn 8:00 - 8:45 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	MID-TEMPO AQUA BEATS Lynn 8:30 - 9:30 am	SPLASH JAM Dorothy 8:00 - 9:00 am
TONE AND STRETCH Jean 9:00 - 10:00 am	AQUA ABS & ARMS Lynn 9:30 - 10:30 am	POOL PARTY Keelyn 9:00 - 9:45 am	AQUA ABS & ARMS Lynn 9:30 - 10:30 am		
AQUA FIT Lenore 10:45 - 11:45 am	AQUA FIT Lenore 10:45 - 11:45 am	TONE AND STRETCH Jean 10:00 - 11:00 am		AQUA FIT Lenore 10:00 - 11:00 am	
		AQUA FIT Jean 11:00 am-12:00 pm	WALK & WARM-UP Cindy 12:30- 1:00 pm	AQUA FIT Jean 11:00 am-12:00 pm	
	SPLASH AND CHAT Cindy 1:00- 2:00 pm		SPLASH AND CHAT Cindy 1:00- 2:00 pm		
SPLASH JAM Tina 6:00- 7:00 pm	POOL PARTY Keelyn 6:00- 7:00 pm	SPLASH JAM Dorothy 6:00- 7:00 pm			