



FOREVER FIT

NOVEMBER 2026



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



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

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

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

TUESDAYS

CHAIR YOGA
7:00 - 7:45 am
Studio 4

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



WEDNESDAYS



ZUMBA GOLD
10:00 - 10:45 am
Studio 1

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

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

THURSDAYS

**STRETCH
IT OUT**
6:15 - 7:00 am
Studio 4

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



FRIDAYS



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

AGELESS ENERGY
11:30 - 12:15 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
	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			AQUA FIT Lenore 10:00– 11:00 am	
		AQUA FIT Jean 11:00 am–12:00 pm		AQUA FIT Jean 11:00 am–12:00 pm	
			WALK & WARM-UP Cindy 12:30– 1:00 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	SPLASH JAM Tina 6:00– 7:00 pm		