



# FOREVER FIT

## MARCH 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	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
	<b>CHAIR YOGA</b> 7:00 – 7:45 am Studio 4		<b>DEEP STRETCHING</b> 6:15 – 7:00 am Studio 4	<b>CHAIR YOGA</b> 10:15 – 11:15 am Community Gym
<b>FOREVER FIT FLEX &amp; FLOW</b> 10:15 – 11:15 am Community Gym	<b>FOREVER FIT CARDIO CIRCUIT</b> 10:15 – 11:15 am Community Gym	<b>CHAIR YOGA</b> 10:15 – 11:15 am Community Gym	<b>FOREVER FIT STRENGTH IN MOTION</b> 9:15 – 10:15 am Community Gym	<b>AGELESS ENERGY</b> 11:30 – 12:15 pm Studio 4
<b>TAI CHI CONCEPTS</b> 10:30 – 11:30 am Studio 4		<b>ZUMBA GOLD</b> 10:00 – 10:45 am Studio 1		<b>TAI CHI WALKING</b> 12:30 – 1:20 pm Studio 4
<b>STRENGTH &amp; STABILITY</b> 1:30 – 2:15 pm Studio 4		<b>STRENGTH &amp; STABILITY</b> 1:30 – 2:15 pm Studio 4		<b>TAI CHI CONCEPTS</b> 1:30 – 2:30 pm Studio 4

SCAN FOR ALL



**FOREVERWELL OFFERINGS**



# WATER AEROBICS

MARCH 1-MARCH 31

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