AT A GLANCE

AUGUST THEME
Soothe Your Soul

FRIENDSHIP DAY
Sunday, August 1 is National Friendship Day! Celebrate by reaching out to a friend for a chat or visit, letting a friend know how much you appreciate them, or mailing a card to a friend.

HERE TO HELP
As your ForeverWell Coordinator, I am here to serve you! If you have any questions regarding our ForeverWell program, please don’t hesitate to reach out. My contact information can be found in the bottom right corner of this page. I would love to schedule a time to meet with you!

AUGUST WEEKLY ACTIVITIES

COFFEE CHATS
TUESDAYS & THURSDAYS- 9:00-10:00 AM- Y LOBBY
MONDAYS, WEDNESDAYS & FRIDAYS- 10:00-11:00 AM- Y LOBBY
Meet new people & reconnect with friends at the Y over a cup of coffee.

PICKLEBALL
MONDAY-SATURDAY- 8:00-11:00 AM- MAIN GYM
A fun sport that combines elements of tennis, badminton, and ping-pong. Balls, racquets, and keys to the main gym are located at the front desk.

AUGUST SPECIAL EVENTS

CAPTIONCALL PRESENTATION
MONDAY, AUGUST 16- 10:00- 11:00 AM- Y LOBBY
Join us for a presentation on CaptionCall phones, phones optimized for individuals with hearing loss.

BINGO
MONDAY, AUGUST 30- 10:00- 11:00 AM- POOL LOBBY
Bingo + Coffee + Prizes! Join us in the Pool Lobby.

AUGUST ASSOCIATION SPECIAL EVENTS

MAMA MIA!
THURSDAY, AUGUST 19- 7:30 PM- MAPLEWOOD YMCA
Ashland Productions (located at the Maplewood YMCA) is proud to present their first show of Mama Mia FREE to our ForeverWell community! Contact Lauren for more information and to register.

BRANCH HOURS
Monday-Friday: 5am – 8pm
Saturday: 8am – 5pm
Sunday: 12pm – 5pm

ROCHESTER YMCA
709 1st Avenue SW
Lauren Larson
Lauren.Larson@ymcamn.org
507-215-8202
ymcanorth.org
AUGUST FOREVERWELL GROUP EXERCISE SCHEDULE

MONDAY
Water Exercise – 9:15-10:00 am
A light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength and flexibility.
ForeverWell Strength – 9:15-10:15 am
This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles.

TUESDAY
ForeverWell Combo – 8:00-8:45 am
Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class.
ForeverWell Balance – 11:00-11:45 am
Improve your balance, mobility and agility through a series of skills and drills designed to utilize the body balance systems in ways that closely imitate life. Conquer your fear of falling, supplement your weekly workouts, and improve your gait.

WEDNESDAY
Water Exercise – 9:15-10:00 am
A light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength and flexibility.
ForeverWell Strength – 9:15-10:15 am
This studio workout uses a variety of strength resistance equipment to increase your metabolism, improve bone density, and strengthen muscles.
SilverSneakers® Classic – 10:30-11:15 am
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Handheld weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

THURSDAY
 ForeverWell Combo – 8:00-8:45 am
Enjoy a blend of cardio, strength and stretching in this low impact class. Your endurance, muscle tone and flexibility will improve with this energetic class.

FRIDAY
Water Exercise – 9:15-10:00 am
A light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength and flexibility.
Chair Yoga – 11:00-11:45 am
A gentle form of yoga practiced sitting in a chair and/or using the chair for support. Enjoy the benefits of traditional yoga including flexibility, strength, concentration and deep breathing.

SATURDAY
Water Exercise – 8:15- 9:00 am
A light to moderate aerobic workout with exercises in the shallow and deep water to help increase endurance, core strength and flexibility.