Registration is open for the Annual ForeverWell Holiday Celebration
Friday December 10th
12:30-2:00pm in Studio 1

Our celebration includes:
- A catered lunch of Lasagna, Salad, Bread Stick, Dessert and Beverage.
- Entertainment
- Door prizes
- Prize drawings!
- Gift Exchange *

*All are asked to bring a wrapped gift (Maximum value $10.00) for the gift exchange.
Vegetarian option available - Contact Nancy at 763-592-5520
nancy.danielson@ymcanorth.org

A limited number of tickets are available
Register at New Hope Y’s Member Welcome Desk or call Customer Service at 612-230-9622
Cost: $10.00 Member
$15.00 Non-member Guests

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Holiday Caroling and Coffee Social
Friday December 17, 8:30am - Pool Lobby
Join a sing-a-long with our early morning Y friends! Coffee provided.
You may bring treats (purchased, individually wrapped) to share.

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New Year's Early Eve Celebration
Friday December 31st, 1:30pm Pool Lobby
Coffee, Punch, light snacks. You may bring a treat (purchased, individually wrapped) to share. Card Bingo for Prizes! Free.
Register by 12/30 at Welcome Desk or Contact Nancy
(a minimum of 12 registrants required or event will be cancelled).

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THESE ACTIVITIES STILL REQUIRE RESERVATIONS:
- Group Land and Water Exercise Classes
- Lap Swim and Open Swim
https://www.ymcanorth.org/reservations
or call Customer Service at 612-230-9622

The Y will be closed Saturday December 25th. Additional holiday hours will be posted at the Welcome Desk and on Studio doors.

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GIFTS FOR SENIORS
Donate NEW UNWRAPPED gift items for isolated seniors in our Community. Gifts may be placed in the barrel near the front door. Gift Ideas and information cards attached to barrel.

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AMERICAN RED CROSS BLOOD DRIVE

- January 4, 2022
- 10am-4pm
- 1-800-733-2767 to register

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New Hope Y
7601 42nd Ave North New Hope
Nancy Danielson - ForeverWell Coordinator
Nancy.danielson@ymcanorth.org
Phone: 763-592-5520
ymcanorth.org/newhope
FOREVERWELL IN BRANCH GROUP EXERCISE CLASSES

MONDAY:
7:15am  ForeverWell Combo with Kathy  Studio 1
8:00am  Water Exercise with Tracy  Pool
11:00am Water Walking with Debbie A  Pool
11:30am SilverSneaker Yoga with Nancy  Studio 2
12:30pm SilverSneaker Classic with Nancy  Studio 1
1:30pm  Tai Chi with Tom  Studio 2

TUESDAY:
9:45am  Zumba Gold with Maren  Studio 2
10:45am ForeverWell Combo with Angie  Studio 1
11:45am SilverSneaker Yoga with Angie  Studio 2

WEDNESDAY:
7:15am  Deep Water Exercise with Tracy  Pool
7:15am  SilverSneaker Yoga with Kathy  Studio 1
8:15am  Gentle Yoga (Mat) with Ellen  Studio 2
11:30am SilverSneaker Yoga with Nancy  Studio 2
11:30am Arthritis Water Exercise with Kathy  Pool - Shallow
12:30pm SilverSneaker Classic with Nancy  Studio 1

THURSDAY:
9:30am  Zumba with Yasmin  Studio 2
10:45am ForeverWell Combo with Angie  Studio 1
11:45am SilverSneaker Yoga with Angie  Studio 1

FRIDAY:
7:15am  ForeverWell Combo with Kathy  Studio 1
9:00am  Arthritis Water Exercise with Kathy  Pool - Shallow
11:30am SilverSneaker Yoga with Nancy  Studio 2
12:30pm SilverSneaker Classic with Nancy  Studio 1

FITNESS ASSESSMENT
Schedule a complimentary Fitness Assessment to learn how to use some of the equipment in the fitness center and discuss your fitness/wellbeing goals. Contact Cathy Quinlivan, Wellbeing Director catherine.quinlivan@ymcamn.org 651-292-4138 or stop at the Welcome desk to schedule your appointment.

GET THE MOST FROM YOUR MEMBERSHIP
All new and recently returning ForeverWell Members 55+, including SilverSneakers and Silver and Fit, are invited to attend a group ForeverWell Orientation. We'll talk about safe to operate procedures, Group Exercise classes, pool use, Reservation systems, social opportunities, virtual activities and more. Then tour the facility, watch a class in action or try a fitness machine. Orientations 10:30am Tuesday mornings. Contact Nancy Danielson for questions 763-592-5520

Reserve a space using our Website https://www.ymcanorth.org/reservations or call Customer Service at 612-230-9622

PREFER TO EXERCISE AT HOME? TRY VIRTUAL Y
Live and recorded classes are available at https://www.ymcanorth.org/virtual-ymca-login to see what is available, or go to our website ymcanorth.org and click the Virtual Y tab.
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