Harvest a New Healthy Habit

After months of enjoying the beautiful (sometimes a little hot) summer weather it is time to refocus our energy and start some new habits and routines.

That is easy to do here at the Eagan YMCA.

Why not attend a new class – Silver Sneakers Classic, Silver Sneakers Yoga morning Zumba and a variety of Water Exercise classes are all meeting and would welcome you.

A little nervous about starting something new? Bring a buddy – always fun to work out with a friend.

Schedule a FREE hour with a personal trainer – you can talk about your goals and discuss any concerns you might have - just stop at the member service desk and ask to schedule a fitness assessment.
FOREVERWELL CLASS

MONDAY:
8:10am ForeverWell Cardio with Naomi
11:30am Silver Sneakers Classic with Naomi

TUESDAY:
8:00am Silver Sneakers Circuit with Naomi
8:50am Silver Sneakers Yoga with Naomi

WEDNESDAY:
11:30am Silver Sneakers Classic with Mary F.

THURSDAY
11:30am Silver Sneakers Yoga with Julie

FRIDAY:
11:30am Silver Sneakers Classic with Mary F

New Member Orientation

ForeverWell is a program geared to all Y members 55+. We have all kinds of classes, programs and events designed to help you improve our mind, body and spirit. All new members are encouraged to attend a ForeverWell program orientation. You will learn more about our facility, classes and all of our programming. To schedule your orientation contact Julie Michelson at 651-319-8000.

BINGO IS BACK!!!!!

MONDAY October 4th 9:30am-11am
Penny Bingo
(Penny Bingo will happen the
first Monday of EVERY month)
Future Dates:
Monday, November 1, Monday, December 6th.

October 18th 9:30 – 11:00
Regular Bingo

(Regular Bingo will happen the third Monday of EVERY month)
Monday, November 15th and Monday, December 20th.

Attention Readers!!
Book Club is happening!!!

November Selection
Plainsong
BY KENT HARUF
Thursday, November 11th 1 pm

A heart strong story of family and romance, tribulation and tenacity, set on the High Plains east of Denver.

In the small town of Holt, Colorado, a high school teacher is confronted with raising his two boys alone after their mother retreats first to the bedroom, then altogether. A teenage girl—her father long since disappeared, her mother unwilling to have her in the house—is pregnant, alone herself, with nowhere to go. And out in the country, two brothers, elderly bachelors, work the family homestead, the only world they’ve ever known.....

ForeverWell Birthday Bash
Friday, October 29th 12:30pm
Come celebrate all your friends that have an October birthday. We will have lots of fun and maybe even a surprise or two.