ForeverWell Virtual Experience Schedule
SOUTHDALE YMCA | July 2020

To join these classes via Zoom or find additional class offerings, visit the YMCA Virtual Activity Finder visit www.ymcamn.org/foreverwell or contact Sarah Dickhausen at 952-435-9017.

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<th>Monday</th>
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| **Hiking Group: Outdoor Adventures** Do you love the outdoors? Do you love to hike, paddle, or bike? If so join a group sharing-hour while individuals share some of their favorite experiences and explore amazing trails in the great outdoors, both near and far! | | | 10:00-10:45am  
Facilitator: Sarah |
| **Education Session: Arthritis Exercise** – Join us for a chance to connect with others and work through a series of head-to-toe exercises designed to improve joint range of motion, pain and stiffness. | | 12:15-1:00pm  
Facilitator: Sarah | 12:15-1:00pm  
Facilitator: Sarah |
| **Foreverwell Strength & Stretch Level 1** - Have fun and move through a variety of exercises designed to increase muscular endurance and flexibility to improve your activities of daily living. | 10:30-11:00am  
Facilitator: Sarah | 10:30-11:00am  
Facilitator: Sarah | |
| **Education Class: Tai Chi for Health** - Tai Chi is an ancient form of Chinese exercise consisting of slow, beautiful, relaxed movements that develop a sense of balance and harmony between mind and body. | 11:00-11:30am  
Facilitator: Diane | | |
| **Southdale Book Club** – Meet new people, learn new things and enjoy discussing interesting topics. This month’s discussion will be about the book: *An Invisible Thread* by Laura Schroff & Alex Tresniowski. New members always welcome. | | 11:30am  
Facilitator: Sarah D  
Only meets on the 2nd Wednesday of the month. |
| **Education: Functional Strength** - Learn about all the ways that exercises can benefit your health & wellbeing. Part lecture and some exercise! | 1:00-1:45pm  
Facilitator: Diane | | 1:00-1:45pm  
Facilitator: Diane |
| **Foreverwell Yoga** – Build strength and flexibility, reduce stress and tension and improve your overall health, energy and vitality with this self-pacing class. Recommended equipment: Yoga Mat, Block and Strap | | 8:30-9:15am  
Facilitator: Sarah |

We would love to help facilitate additional virtual experience options, please share your interests by contacting your Foreverwell Program Manager at sarah.dickhausen@ymcamn.org.