FOREVERWELL®
Class Schedule (Previously AOA/Aqua Schedule)

Janesville YMCA **Effective October 18 – January 2**

NEW CLASS

WATER EXERCISE

55+

FOREVERWELL is an ever-expanding set of Y programs and activities designed exclusively for seniors 55+.
All ages welcome.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM		6:15- On the Ball Studio B	6:30 - Mat Pilates Yoga Studio	6:15- On the Ball Studio B	6:15 - Fit & Functional Studio B ★	6:15- On the Ball Studio B	
7:00AM							
8:00AM		8:00 - Qigong Yoga Studio 8:45-Stand Strong TRX JP Cullen	8:30 - Strength & Stretch Studio B	8:00 - Qigong Yoga Studio 8:30 - Let's Ride Cycling Studio	8:30 - Strength & Stretch Studio B	8:30 - Friday Fever Studio B	
9:00AM		9:05 - Aqua Zumba Aquatic Center 9:45- Silver Sneakers Studio B	9:05 - Aqua Groove Aquatic Center 9:45 - Chair Yoga Yoga Studio	9:05 - Aqua Zumba Aquatic Center 9:15-Stand Strong TRX JP Cullen 9:45-Flow Yoga Yoga Studio	9:05 - Aqua Groove Aquatic Center 9:45 - Chair Yoga Yoga Studio	9:05 - Aqua Groove Aquatic Center 9:45- Silver Sneakers Studio B	
10:00AM							
11:00AM			11:00 - Yoga Tone Yoga Studio		11:00 - Yoga Tone Yoga Studio		
			12PM–4PM NO CLASSES				
5:00PM		5:05 -Aqua Zumba Aquatic Center	5:00 - Beginner Cycling Cycling Studio	5:05 -Aqua Zumba Aquatic Center ★		5:05 -Aqua Zumba Aquatic Center	
6:00PM			6:30 -Aqua Tone Aquatic Center		6:30 -Aqua Tone Aquatic Center		
7:00PM	7:00 - Yoga R&R Virtual		7:30 -Aqua Balance Aquatic Center		7:30 -Aqua Balance Aquatic Center		

NOT SURE WHERE TO START?

For a full list of class descriptions, please visit ymcanrc.org or use the QR Code on the right.

ymcanrc.org

CLASS DESCRIPTIONS – JANESVILLE

Beginner Cycling
This class is the perfect introduction to cycling! Our experienced cycling instructor will guide you through getting the perfect fit on the bikes before taking you through an introductory cycling workout. You'll learn cycling positions and terminology in a non-intimidating slower paced environment, while still getting a great workout!

Breath & Meditation
The "Breath and Meditation" class will consist primarily of seated and supine practices. We will work with different kinds of breathing and a variety of meditation techniques that are soothing to our nervous system and promote focused relaxation in our body and mind.

Chair Yoga
Level I, AOA - Set aside any preconceived ideas about Yoga and pull up a chair! No matter your age, physical abilities or experience level, adapting your practice to include a chair matches poses to your personal needs.

Fit & Functional
Fit and Functional class uses compound movements to train your body for real-life daily activities. By building strength, stability, and balance across multiple muscle groups instead of isolating single muscles, these exercises improve your overall mobility and reduce your risk of everyday injury. Core and Balance will be incorporated in every class!

WATER EXERCISE CLASSES

Aqua Balance
A unique holistic class targeting flexibility, balance, range of motion, and relaxation set to soothing music.

Aqua Groove
Dive into Aqua Groove—a fun, shallow water workout designed to boost agility, flexibility, and cardiovascular endurance. Using noodles, splash boards, and water dumbbells, you'll improve mobility and build strength in a supportive, high-energy group setting.

Aqua Tone
Full-body cardio and weight designed for all ages and fitness levels. This class uses a variety of equipment to keep your workout fun and interesting.

Aqua Zumba
You're invited to the Zumba® POOL PARTY! It's time to make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Enjoy less impact on your joints during an Aqua Zumba® class and really let loose. Water creates natural resistance, which means every step is more challenging to help tone your muscles. Just add water and shake!

Friday Fever
20 mins of low impact cardio, a small break, followed by 20 more mins of low impact cardio. We end on the floor with a variety of core and back exercises. Class ends with a light stretch.

Mat Pilates
This is a floor based class on a mat. We will work on a series of strength, flexibility, and breathing exercises, using your own body's ability and also a Pilates Ring. This class can be modified for all ages, body types, and fitness levels

On the Ball
Using the stability ball as your primary tool, you will challenge your core, improve balance and enhance overall body control through a low impact workout.

Qigong
Qigong 气功 (pronounced chi gong) is a Chinese healing practice that combines posture, movement, breathing and focused intent. It is a subtle, gentle practice of moving and balancing our Qi 气 (life energy) which is considered to be the vital force of life. In Qigong the movements are soft, circular and smooth; the breathing is slow, long, yet natural, and our attention is focused.

Restorative Stretch Yoga
In this class we practice deep relaxation that emphasizes the meditative aspect of yoga – the union of body and mind. Through the use of props for support, many of the postures are held almost effortlessly. When your body enters a state of relaxation, your mind can also consciously relax so your tension melts away.

SilverSneakers Classic
This class focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Stand Strong TRX
Did you know that TRX focuses on building functional fitness? This class will help you see positive effects in the areas of flexibility, strength, bone health, cognitive health and balance all while standing!

Strength & Stretch
Starts with 10 mins of low impact cardio, laughs and friendship followed by a light stretch. Using weights, we isolate each body part: legs, arms, back, shoulders chest, glutes and abs, followed by light stretching between each one. This gives you a full body muscle toning work out. Modifications are always available.

Yoga Tone
Yoga is a practice that connects the body, breath, and mind. It uses physical postures, breathing exercises, and meditation to improve overall health. Yoga was developed as a spiritual practice thousands of years ago. Yoga helps bring balance into your life, reduce stress, helps to increase flexibility, strength, and clarity.