



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# KEEP MOVING, STAY CONNECTED

## FOREVERWELL® FITNESS

### FOREVERWELL

FOREVERWELL empowers adults to stay active, connected, and engaged through YMCA wellness programs that support healthy aging. Rooted in physical activity, social connection, and lifelong well-being, the goal is to help every participant live well, every day.

### FOREVERWELL Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball will be used.

### FOREVERWELL Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball will be used.

### FOREVERWELL Yoga

FOREVERWELL Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered.



You Tube

