



FOREVERWELL

MAY 2025 | DAYTON YMCA

SAVE THE DATE

Cheers to the Y

MAY 15th

4:30-7pm

This month in replacement of our FW Happy Hour, your invited to Cheers to the Y

Senior Health and Fitness Day

May 28th

See the next page for event details.

FREE PILATES REFORMER DEMOS

Saturday, 5/3 8:30-9:30 am with Victoria

Tuesday, 5/6 11:30 am – 12:00 pm with Jen

Wednesday, 5/7 3:30-4:00 pm with Jim

Thursday, 5/8 11:30-12:00 with Jessica

CHEERS TO THE Y

DATE: THURSDAY MAY 15TH
TIME: 4:30-7PM

Join us for the Douglas Dayton YMCA Fundraising Event!

Come enjoy a beautiful evening on our rooftop at the Y. Your ticket includes a complimentary drink and appetizers.

Don't miss this chance to support a great cause while taking in the skyline!

Location name: Dayton YMCA at Gaviidae
Location address : 651 Nicollet Mall - 3rd floor



A special thank you to our event sponsors: US Bank

REGISTER TODAY!



Please scan this QR code to get your \$25 ticket!



BRANCH HOURS

Monday - Thursday: 5:30am-8pm
Fridays: 5:30am-7pm
Saturdays: 7am-3pm

DAYTON YMCA AT GAVIIDAE

651 NICOLLET MALL 3RD FLOOR
MPLS, MN 55402
612-230-3475

Senior Health and Fitness Day

9:00 am – 3:00 pm coffee and popcorn in the lobby

9:30-10:15 am Gentle Yoga

10:30-11:15 am ForeverWell Strength

11:00 am – 1:00 pm Chair Massages

11:30 am – 12:30 pm Pilates Reformer Demo in the lobby

11:30 am – 1:00 pm In-Body Scans

12:00 – 1:00 pm Sound Baths

12:00 – 2:00 pm FREE Community Acupuncture

1:00 – 3:00 pm Balance Assessments



What is ForeverWell?

At the YMCA, we're here to support you on your journey to a healthier, more fulfilling life.

Discover everlasting wellness with YMCA programs tailored for individuals ages 55+! Experience invigorating group exercise classes, rejuvenating aquatic exercises, and engaging social events. Benefit from specialized wellness programs and connect with your community.