



# SP24 GROUP FITNESS

SPRING 2024 • April 22 - June 16

Sturgeon Bay Program Center • 920.743.4949  
1900 Michigan St. Sturgeon Bay, WI 54235

The gold heart equals ForeverWell Friendly classes. See ForeverWell Section for more information.

## VIRTUAL GROUP FITNESS CLASSES

### REGISTRATION IS REQUIRED FOR ALL VIRTUAL CLASSES

- We highly recommend having physicians approval before participating in any of our group fitness programs.
- To secure programs, registration needs to occur during registration week. If interested in registering after the first week please contact the YMCA.
- Classes take place via Zoom. Once class begins late participants won't be admitted. Drop-ins and substitutions are not allowed.
- Participants will receive an email with a link to the class. Valid email address required. Class recording will be accessible 24 hrs after class.
- 100% satisfaction guaranteed - You will have 24 hrs to cancel your registration after the first class to get a full refund.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 23	Jun 11		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 15		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Suzanne H.	Virtual

\*4 person minimum for a virtual class to run

## PERSONAL NUTRITION COACHING

Gain the essential knowledge to make nutritional changes that you can use anywhere, anytime. Learn about wellness goals that work for you and simplify confusing nutritional information.

PACKAGE OPTIONS	MEMBER	COMM.	INST	LOC
15-minute consultation (One time, for members only)	FREE	--	--	SB YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$60.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$155.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$295.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$455.00	--	--	SB YMCA

## Y'S WEIGHT LOSS PROGRAM

A 12-week weight loss program with no gimmicks and no restrictive approaches-just tools you need to make the necessary changes to achieve your wellness goals. Our program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge. Contact Tess J. for more details

PACKAGE OPTIONS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	May 21	Aug 6		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Apr 23	Jul 9		\$100.00	\$125.00	Tess J.	Comm Rm

## Y'S WEIGHT LOSS ALUMNI CLUB

Healthy habits are a lifelong journey. Let's stay on the journey together and continue supporting one another. Join us each week for a quick weekly weigh-in. This program aims to help you maintain or continue your weight-loss journey. The instructor will be available for weekly weigh-ins and weight loss/nutritional questions.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Y's Weight Loss Alumni Club	Tue	11:15 AM	11:45 AM	Apr 23	Jun 15		\$14.00	\$28.00	Tess J.	Comm Rm

## PERSONAL TRAINING

VIRTUAL OPTIONS ARE ALSO AVAILABLE

PACKAGE OPTIONS	MEMBER	COMM.	INST	LOC
15-minute consultation (One time, for members only)	FREE	--	--	SB YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$60.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$155.00	--	--	SB YMCA

(6) 60-minute or (12) 30-minute sessions of training	\$295.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$455.00	--	--	SB YMCA

### W.O.W. (Women on Weights)

W.O.W. (Women on Weights) is a women's strength training class designed to build confidence in using Free Weights. Completion of Level 1 is a pre-requisite for Level 2.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights) Level 1	Mon	9:45 AM	10:30 AM	Apr 22	Jun 10	May 27	\$34.00	\$68.00	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		\$34.00	\$68.00	Aiden L.	Well Ctr

### W.O.W (Women on Weights) Club

A great opportunity for W.O.W., 1 and 2 graduates to work out together (no instructor) to continue to build strength and camaraderie. This club strives to build a community of strong women to share their passions about health and fitness. Use what you learned in W.O.W., 1 and 2 and continue to build strength, confidence and learn from each other.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Apr 24	Jun 12		FREE	--	--	Well Ctr

### Men on Weights

Men on Weights is a personal trainer-led program that will teach how to use the assortment of dumbbells, the smith machine, and cable machines in all the ways that will help you enhance your workouts and get you the best results possible.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Men on Weights	Wed	9:15 AM	10:00 AM	Apr 24	Jun 12		\$34.00	\$68.00	Aiden L.	Well Ctr

### STARTER FIT

Starter Fit is an instructor-led 8 week small group orientation for anyone who is new to fitness. We will teach you how to use all the cardio machines and selectorized strength machines at a slow and steady pace. No matter your fitness experience you will leave with a sense of accomplishment and confidence in the Wellness Center. Limited space, register early.

CLASS	WED	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Starter Fit	Wed	10:00 AM	11:00 AM	Apr 24	Jun 12		\$34.00	\$68.00	Aiden L.	Well Ctr

### SPORTS PERFORMANCE

\*\*\*\*UNLIMITED PACKAGE\*\*\* enjoy unlimited classes throughout the week during our 8 week session for \$115

UNLOCK YOUR FITNESS POTENTIAL and elevate your training to new heights through the YMCA's cutting-edge sports performance training program on our new Performance Field. Transform your body as you build lean muscle, reduce the risk of injury, and unleash your strength and power.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>2x/wk discount (50% off 2nd day)</b>										
<b>UNLIMITED PACKAGE (Unlimited classes)</b>				Apr 22	Jun 13		\$115.00	N/A		S.P. Field
<b>Intro To Sports Performance Training Adults 15 and up</b>	Tue	5:15 PM	6:15 PM	Apr 23	Jun 11		\$52.00	\$104.00	Aiden L.	S.P. Field
<b>Intro To Sports Performance Training Adults 15 and up</b>	Thu	5:15 PM	6:15 PM	Apr 25	Jun 13		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Teens 12-17	Mon	3:45 PM	4:45 PM	Apr 22	Jun 10	May 27	\$52.00	\$104.00	Mike M./Aiden	S.P. Field
<del>Sports Performance Training Teens 12-17</del>	<del>Tue</del>	<del>3:45 PM</del>	<del>4:45 PM</del>	<del>Apr 23</del>	<del>Jun 11</del>		<del>\$52.00</del>	<del>\$104.00</del>	<del>Aiden L./Abby</del>	<del>S.P. Field</del>
Sports Performance Training Teens 12-17	Wed	3:45 PM	4:45 PM	Apr 24	Jun 12		\$52.00	\$104.00	Mike M./Aiden	S.P. Field
<del>Sports Performance Training Teens 12-17</del>	<del>Thu</del>	<del>3:45 PM</del>	<del>4:45 PM</del>	<del>Apr 25</del>	<del>Jun 13</del>		<del>\$52.00</del>	<del>\$104.00</del>	<del>Aiden L./ Abby</del>	<del>S.P. Field</del>
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Apr 22	Jun 10	May 27	\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Apr 23	Jun 11		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Apr 23	Jun 11		\$52.00	\$104.00	Aiden L.	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Apr 24	Jun 12		\$52.00	\$104.00	Eric B.	S.P. Field

Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Apr 25	Jun 13		\$52.00	\$104.00	Abby T.	S.P. Field
Sports Performance Training Adults 15 and up	Thu	9:15 AM	10:15 AM	Apr 25	Jun 13		\$52.00	\$104.00		S.P. Field

**SPRINT-8®**

**DISCOVER MAXIMUM RESULTS IN MINIMUM TIME.** Sprint 8® is an efficient, science-based, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 25 minutes. This is a great exercise program for burning calories and reducing body fat, most people see results in just eight weeks or less. We will coach you and help you discover what sprint is best for you whether you choose a treadmill, bike, or elliptical.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>2x/wk discount (50% off 2nd day)</b>										
Sprint-8®	Tue	4:45 PM	5:10 PM	Apr 23	Jun 11		\$22.50	\$56.00	Sarah G.	Well Ctr
Sprint-8®	Thu	4:45 PM	5:10 PM	Apr 25	Jun 13		\$22.50	\$56.00	Abby T.	Well Ctr
Sprint-8®	Fri	9:30 AM	9:55 AM	Apr 26	Jun 14		<del>\$22.50</del>	<del>\$56.00</del>	Aiden L.	Well Ctr

**BODY, MIND & SPIRIT**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Meditation-Beginner	Wed	9:30 AM	10:30 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Sara O.	Mtg Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Sara O.	Mtg Room
Pilates	Mon	8:15 AM	9:00 AM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Kendi D.	Studio 3
Pilates	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Heidi B.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Heidi B.	Virtual
Pilates	Fri	8:30 AM	9:15 AM	Apr 26	Jun 14		\$31.50	\$63.00	Tonya F.	Studio 2/3
Saturday Scramble	Sat	8:00 AM	8:45 AM	Apr 27	Jun 15	May 11	<del>\$14.00</del>	<del>\$56.00</del>	Rotate	Studio-1/2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	May 2	Jun 13	Apr 25	\$31.50	\$63.00	Chris E.	Studio 1
Yoga-Aqua	Thu	10:45 AM	11:30 AM	May 2	Jun 6	Apr 25, Jun 13	\$24.00	\$42.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 24	Jun 12	May 15	\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Apr 25	Jun 13		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Apr 23	Jun 11	Apr 30	<del>\$31.50</del>	<del>\$63.00</del>	Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tues	9:30 AM	10:30 AM	Apr 23	Jun 11		\$31.50	\$63.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Apr 24	Jun 12		\$31.50	\$63.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Apr 24	Jun 12		\$31.50	\$63.00	Laurel B.	Studio 1

**CARDIO**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio/Core & More	Wed	5:15 AM	5:50 AM	Apr 24	Jun 12		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:00 PM	6:30 PM	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Apr 23	Jun 11		\$22.50	\$56.00	Heidi B.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Apr 25	Jun 13		\$22.50	\$56.00	Patti S.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Apr 25	Jun 13		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Apr 26	Jun 14		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Apr 22	Jun 14	May 15, May 27	FREE	\$95.50	Ellen K./April M./Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 24	Jun 5	May 15, Jun 12	\$10.50	\$42.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 23	Jun 11		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 23	Jun 11		FREE	\$39.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Apr 24	Jun 12	May 15	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Apr 25	Jun 13		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Apr 26	Jun 14		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Apr 25	Jun 13		\$14.00	\$56.00	Jen L.	Studio 2

Martial Arts Kickboxing (Level 1)	Mon	6:30 PM	7:30 PM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Apr 23	Jun 11		\$31.50	\$63.00	Tim S.	Gym Ctr
<del>Saturday Scramble-</del>	<del>Sat</del>	<del>8:00 AM</del>	<del>8:45 AM</del>	<del>Apr 27</del>	<del>Jun 15</del>	<del>May 11, May 25</del>	<del>\$14.00</del>	<del>\$56.00</del>	<del>Rotate</del>	<del>Studio 1/2/3</del>
Sprint-8@	Tue	4:45 PM	5:10 PM	Apr 23	Jun 11		\$22.50	\$56.00	Sarah G.	Well Ctr.
Sprint-8@	Thu	4:45 PM	5:10 PM	Apr 25	Jun 13		\$22.50	\$56.00	Abby T.	Well Ctr.
<del>Sprint-8@</del>	<del>Fri</del>	<del>9:30 AM</del>	<del>9:55 AM</del>	<del>Apr 26</del>	<del>Jun 14</del>		<del>\$22.50</del>	<del>\$56.00</del>	<del>Laine S.</del>	<del>Well Ctr.</del>
Step	Mon	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Apr 26	Jun 14		<b>FREE</b>	\$39.50	Linda W.	Studio 1

**STRENGTH/CONDITIONING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Apr 23	Jun 4	Jun 11	\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Apr 23	Jun 11		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Apr 25	Jun 13		\$14.00	\$56.00	Laurie T.	Studio 2/3
55+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Dwight Z.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Virtual
55+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Apr 26	Jun 15		\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 24	Jun 5	May 15, Jun 12	\$10.50	\$42.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Apr 24	Jun 12	May 15	\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:30 PM	7:30 PM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Apr 23	Jun 11		\$31.50	\$63.00	Tim S.	Gym Ctr
Men on Weights	Wed	9:15 AM	10:15 AM	Apr 24	Jun 12		\$34.00	\$68.00	Laine S.	Well Ctr
RIP	Tue	5:15 PM	6:15 PM	Apr 23	Jun 11		\$14.00	\$56.00	Patti S.	Studio 2
RIP	Wed	9:00 AM	10:00 AM	Apr 24	Jun 12	May 15	\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Apr 24	Jun 12		\$14.00	\$56.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Apr 26	Jun 14		\$14.00	\$56.00	Sarah G.	Studio 2/3
<del>Saturday Scramble-</del>	<del>Sat</del>	<del>8:15 AM</del>	<del>9:00 AM</del>	<del>Apr 27</del>	<del>Jun 15</del>	<del>May 11, May 25</del>	<del>\$10.50</del>	<del>\$42.00</del>	<del>Rotate</del>	<del>Studio 1/2/3</del>
55+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Apr 24	Jun 12	May 15	<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Heidi B.	Gym A/B
55+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 24	Jun 12	May 15	<b>FREE</b>	\$39.50	Kim D.	Gym A/B
55+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 25	Jun 13		<b>FREE</b>	\$39.50	Christine M.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 14		<b>FREE</b>	\$39.50	Abby T.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 14		<b>FREE</b>	\$39.50	Abby T.	Virtual
Starter Fit	Wed	10:00 AM	11:00 AM	Apr 24	Jun 12		\$34.00	\$68.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Level 1	Mon	9:45 AM	10:00 AM	Apr 27	Jun 10	May 27	\$34.00	\$68.00	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 1	Wed	9:45 AM	10:00 AM	Apr 24	Jun 12		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Wed	9:45 AM	10:30 AM	Apr 24	Jun 12		\$34.00	\$68.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Apr 24	Jun 12		<b>FREE</b>	--	--	Well Ctr

**WATER FITNESS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+ Aqualite	Mon	8:45 AM	9:30 AM	Apr 22	Jun 3	May 27, Jun 10	<b>FREE</b>	\$30.00	Debbie B.	Comp Pool
55+ Aqualite	Tue	8:45 AM	9:30 AM	Apr 23	Jun 4	Jun 11	<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Wed	8:45 AM	9:30 AM	Apr 24	Jun 5	May 15, Jun 12	<b>FREE</b>	\$30.00	Dora L.	Comp Pool
55+ Aqualite	Thu	8:45 AM	9:30 AM	Apr 25	Jun 6	Jun 13	<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Fri	8:45 AM	9:30 AM	Apr 26	Jun 7	Jun 14	<b>FREE</b>	\$39.50	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Apr 22	Jun 5	May 15, May 27, Jun 10, Jun 12	\$10.50	\$21.00	Mary Claire M. /Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 24	Jun 5	May 15, Jun 12	\$10.50	\$42.00	Sarah G.	Comp Pool

	Over Your Head	Tue	7:45 AM	8:30 AM	Apr 23	Jun 4	Jun 11	\$14.00	\$56.00	Ann E.	Comp Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Apr 24	Jun 5	Jun 12	\$14.00	\$56.00	Julie D.	Comp Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Apr 25	Jun 6	Jun 13	\$14.00	\$56.00	Sarah G.	Comp Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Apr 26	Jun 7	Jun 14	\$14.00	\$56.00	Margaret G.	Comp Pool
55+	Twinges	Mon	9:30 AM	10:15 AM	Apr 22	Jun 5	May 27, Jun 10	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Apr 23	Jun 4	Jun 11	FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Apr 24	Jun 5	May 15, Jun 12	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Apr 25	Jun 6	Jun 13	FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Apr 26	Jun 7	Jun 14	FREE	\$39.50	Ann E.	Rec Pool
	Yoga-Aqua	Thur	10:45 AM	11:30 AM	May 2	Jun 6	Apr 25, Jun 13	\$24.00	\$42.00	Nina H.	Rec Pool
55+	Adult Swim Lessons	Mon	4:30 PM	5:00 PM	Apr 22	Jun 3	May 27	\$28.50	\$57.00	Arie H.	Rec/Comp Pool
55+	Adult Swim Lessons	Sun	9:00 AM	9:30 AM	Apr 28	Jun 2	June 9	<del>\$28.80</del>	<del>\$57.00</del>	Arie H.	Rec/Comp Pool

**SPECIALTY PROGRAMS**

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Apr 22	Jun 5	May 15, May 27, Jun 10, Jun 12	\$10.50	\$21.00	Mary Claire M./Sarah G./DCMC	Rec Pool
55+	Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Apr 23	Jun 13		\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		FREE	\$39.50	Christine M.	Studio 2/3
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Virtual
55+	Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Studio 2/3
55+	LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	For more information contact Abby T.			FREE	FREE	Abby T./Megan S.	Studio 1
55+	STAYSTRONG	Tue	1:30 PM	2:15 PM	Apr 23	Jun 11		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.
55+	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$39.50	Christine M.	Comm Rm
55+	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$39.50	Christine M.	Virtual
55+	M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	Christine M./DCMC	Studio 2/3
55+	Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Apr 23	Jul 16	Jul 4	\$75.00	\$95.00	Abby T./Sarah G.	Studio 2/3
55+	Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Apr 25	Jun 13	May 15	\$14.00	\$28.00	Suzanne H.	Studio 1
55+	Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
55+	Stepping On	Mon	1:00 PM	3:00 PM	Apr 22	Jun 10	May 27	FREE	FREE	Abby T./ Sue P.	ADRC
55+	Twinges	Mon	9:30 AM	10:15 AM	Apr 22	Jun 3	May 27, Jun 10	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Apr 23	Jun 4	Jun 11	FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Apr 24	Jun 5	May 15, Jun 12	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Apr 25	Jun 6	Jun 13	FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Apr 26	Jun 7	Jun 14	FREE	\$39.50	Ann E.	Rec Pool
	Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	May 21	Aug 6		\$100.00	\$125.00	Tess J.	Comm Rm
	Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Apr 23	Jul 9		\$100.00	\$125.00	Tess J.	Comm Rm
	Y's Weight Loss Alumni Club	Tue	11:15 AM	11:45 AM	Apr 23	Jun 11		\$14.00	\$28.00	Tess J.	Comm Rm
	Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Apr 17	Apr 17		\$10.00	\$10.00	Becky B.	Studio 3
	Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	May 8	May 8		\$10.00	\$10.00	Becky B.	Studio 3
	Lifeguard Certification Training - <i>MUST attend all four days</i>	15+	Thu-Sun	June 27 & 28 5:00PM-8:00PM June 29 & 30 8:00AM-5:00PM					\$325.00	Free Course and Y Membership when you join our Team	Rec/Comp & Meeting Rm.
	Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	15+	8:00 AM	5:00 PM	Jun 22	Jun 22			\$150.00		Rec/Comp & Meeting Rm.

**SOCIAL ENGAGEMENT**

	CLASS	DAY	START	END	NO	MEMBER	COMM.	INST	LOC
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WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month	--	FREE	FREE	--	Meeting Rm.
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### Adult Sports

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Apr 26	Jun 7	Jun 14	\$52.50 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
Underwater Hockey	Sun	12:00 PM	2:00 PM	Apr 28	Jun 2	Jun 9th & 16th	\$45.00 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool