



S24 GROUP FITNESS

Summer 2024 • June 17 - August 25

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
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 27	Aug 22	Jun 20, Jul 4	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 25	Aug 20	Jun 18	FREE	\$49.25	Mary Claire M.	Virtual
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 25	Aug 20	Jun 18	FREE	\$49.25	Christine M.	Virtual
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 28	Aug 23	Jun 21, Jul 5	FREE	\$49.25	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jun 24	Aug 19	Jun 17	FREE	\$49.25	Sarah G./ Steph K.	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	10:00 AM	11:00 AM	Jun 18	Sep 3		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Oct 1	Dec 17		\$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	8:00 AM	8:30 AM	Jun 18	Aug 27		\$17.50	\$35.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jun 18	Aug 27		\$17.50	\$35.00	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	Tue	10:30 AM	11:15 AM	Jun 18	Aug 6		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Jun 18	Aug 6		\$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	Returning in Fall			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	Jun 19	Aug 7		\$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	Jun 19	Aug 7		\$34.00	\$68.00	Stacey B.	Well Ctr
Starter Fit for Teens (ages 12-15 yrs old)	Wed	11:15 AM	12:15 PM	Jun 19	Aug 7		\$34.00	\$68.00	Stacey B.	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
2x/wk discount (50% off 2nd day)										
UNLIMITED PACKAGE (Unlimited classes)				Jun 17	Aug 8	Jul 4	\$115.00	N/A		S.P. Field
Intro To Sports Performance Training Adults 15 and up	Tue	5:15 PM	6:15 PM	Jun 18	Aug 6		\$52.00	\$104.00	Aiden L.	S.P. Field
Intro To Sports Performance Training Adults 15 and up	Thu	5:15 PM	6:15 PM	Jun 20	Aug 8	Jul 4	\$52.00	\$104.00	Abby T.	S.P. Field
Sports Performance Training Teens 12-17	Mon	4:00 PM	5:00 PM	Jun 17	Aug 5		\$52.00	\$104.00	Abby T./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Wed	4:00 PM	5:00 PM	Jun 19	Aug 7		\$52.00	\$104.00	Abby T./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Jun 17	Aug 5		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Jun 18	Aug 6		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Jun 18	Aug 6		\$52.00	\$104.00	Aiden L.	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Jun 19	Aug 7		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Jun 20	Aug 8	Jul 4	\$52.00	\$104.00	Abby T.	S.P. Field

Sports Performance Training Adults 15- and up	Thu	9:15 AM	10:15 AM	Jun 20	Aug 8	Jul 4	\$52.00	\$104.00	Abby T.	S.P. Field
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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
2x/wk discount (50% off 2nd day)										
Sprint-8®	Mon	9:30 AM	9:55 AM	Jun 17	Aug 5		\$22.50	\$56.00	Stacey B.	Well-Ctr
Sprint-8®	Mon	4:45 PM	5:10 PM	Jun 17	Aug 5		\$22.50	\$56.00	Stacey B.	Well-Ctr
Sprint-8®	Thu	4:45 PM	5:10 PM	Jun 20	Aug 8	Jul 4	\$22.50	\$56.00	Markanique-W.	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	Returning in Fall					Sara O.	Mtg Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Jun 19	Aug 14	Aug 21	\$42.50	\$85.00	Sara O.	Mtg Room
Pilates	Mon	8:00 AM	8:45 AM	Jun 17	Aug 19		\$42.50	\$85.00	Kendi D.	Studio 3
Pilates	Wed	8:00 AM	8:45 AM	Jun 19	Aug 21		\$42.50	\$85.00	Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Jun 21	Aug 23	Jul 5	\$42.50	\$85.00	Tonya F.	Studio 2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 20	Jul 25	Jul 4	\$25.50	\$51.00	Chris E.	Studio 1
Yoga-Aqua	Thu	7:00 AM	7:45 AM	Jun 20	Aug 22	Jul 4	\$42.50	\$85.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 17	Aug 19		\$42.50	\$85.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 19	Aug 21		\$42.50	\$85.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 20	Aug 22	Jul 4	\$42.50	\$85.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall					Suzanne H.	Studio 1
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Returning in Fall					Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Returning in Fall					Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Returning in Fall					Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:30 AM	10:30 AM	Jun 18	Aug 20		\$42.50	\$85.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Returning in Fall					Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Jun 19	Aug 21	Jul 3	\$42.50	\$85.00	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	Jun 19	Aug 21		\$17.50	\$70.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Jun 17	Aug 19		\$28.50	\$70.00	Laurie T.	Studio 2/3
Cycle	Mon	6:00 PM	6:30 PM	Jun 17	Aug 19		\$28.50	\$70.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Jun 18	Aug 20		\$28.50	\$70.00	Heidi B.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jun 20	Aug 22	Jul 4	\$28.50	\$70.00	Steph K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Jun 20	Aug 22	Ju 4	\$28.50	\$70.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Jun 21	Aug 23	Jul 5	\$28.50	\$70.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 17	Aug 23	Jul 5	FREE	\$131.50	Ellen K./ April M./Jon S.	Gym A/B
H2O Boot Camp	Wed	7:55 AM	8:35 AM	Jun 19	Aug 21		\$17.50	\$70.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 17	Aug 19		FREE	\$49.25	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 18	Aug 20		FREE	\$49.25	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 25	Aug 20	Jun 18	FREE	\$49.25	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 19	Aug 21		FREE	\$49.25	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.25	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 17	Aug 19		\$17.50	\$70.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jun 20	Aug 22	Jul 4	\$17.50	\$70.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:00 PM	7:00 PM	Jun 17	Aug 19		\$42.50	\$85.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jun 18	Aug 20		\$42.50	\$85.00	Tim S.	Gym Ctr
Sprint-8®	Mon	9:30 AM	9:55 AM	Jun 17	Aug 5		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Mon	4:45 PM	5:10 PM	Jun 17	Aug 5		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Thu	4:45 PM	5:10 AM	Jun 20	Aug 8	Jul 4	\$22.50	\$56.00	Markanique-W.	Well-Ctr

Step	Mon	8:00 AM	9:00 AM	Jun 24	Aug 19	Jun 17	FREE	\$49.25	Sarah G/ Steph R	Studio 2
Step	Mon	8:00 AM	9:00 AM	Jun 24	Aug 19	Jun 17	FREE	\$49.25	Sarah G./ Steph R.	Virtual
Step	Fri	8:00 AM	9:00 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Linda W.	Studio 1

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	NO CLASS	MEMBER	COMM.	INST	LOC	
Flex Power	Tue	5:15 AM	6:00 AM	Jun 18	Aug 20		\$17.50	\$70.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jun 20	Aug 22	Jul 4	\$17.50	\$70.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:00 AM	10:00 AM	Jun 21	Aug 23	Jul 5	\$17.50	\$70.00	Laurie T./ Aiden L.	Studio 2/3
55+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jun 17	Aug 19		\$17.50	\$70.00	Dwight Z.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 20	Aug 22	Jul 4	\$17.50	\$70.00	Mary Claire M.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 27	Aug 22	Jun 20, Jul 4	\$17.50	\$70.00	Mary Claire M.	Virtual
55+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jun 21	Aug 23	Jul 5	\$17.50	\$70.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jun 19	Aug 21		\$17.50	\$70.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Returning in Fall					Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Returning in Fall					Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:00 PM	7:00 PM	Jun 17	Aug 19		\$42.50	\$85.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jun 18	Aug 20		\$42.50	\$85.00	Tim S.	Gym Ctr
Men on Weights	Wed	9:15 AM	10:00 AM	Jun 19	Aug 7		\$34.00	\$68.00	Aiden L.	Well Ctr
RIP	Tue	5:15 PM	6:15 PM	Returning in Fall					Patti S.	Studio 2
RIP	Wed	9:00 AM	10:00 AM	Jun 19	Aug 21		\$17.50	\$70.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jun 19	Aug 21		\$17.50	\$70.00	Jen L.	Studio 2
55+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jun 17	Aug 19		FREE	\$49.25	Abby T.	Gym C
55+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jun 19	Aug 21		FREE	\$49.25	Abby T.	Gym C
55+ Silver Sneakers Classic	Mon	9:15 AM	10:00 AM	Jun 17	Aug 19		FREE	\$49.25	Heidi B.	Gym A/B
55+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 18	Aug 20		FREE	\$49.25	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Wed	9:15 AM	10:00 AM	Jun 19	Aug 21		FREE	\$49.25	Kim D.	Gym A/B
55+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.25	Christine M.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Abby T.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 28	Aug 23	Jun 21, Jul 5	FREE	\$49.25	Abby T.	Virtual
Starter Fit	Wed	10:00 AM	11:00 AM	Jun 19	Aug 7		\$34.00	\$68.00	Stacey B.	Well Ctr
Starter Fit for Teens (12-15 yrs old)	Wed	11:15 AM	12:15 PM	Jun 19	Aug 7		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Jun 18	Aug 6		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Jun 18	Aug 6		\$34.00	\$68.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Returning in Fall			FREE	--	--	Well Ctr

WATER FITNESS

CLASS	DAY	START	END	START	MEMBER	COMM.	INST	LOC		
55+ Aqualite	Mon	8:40 AM	9:25 AM	Jun 17	Aug 19		FREE	\$49.25	Debbie B.	Comp Pool
55+ Aqualite	Tue	8:40 AM	9:25 AM	Jun 18	Aug 20		FREE	\$49.25	Mary Y.	Comp Pool
55+ Aqualite	Wed	8:40 AM	9:25 AM	Jun 19	Aug 21		FREE	\$49.25	Dora L.	Comp Pool
55+ Aqualite	Thu	8:40 AM	9:25 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.25	Mary Y.	Comp Pool
55+ Aqualite	Fri	8:40 AM	9:25 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jun 17	Aug 21		\$17.50	\$35.00	Mary Claire M. /Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	7:55 AM	8:35 AM	Jun 19	Aug 21		\$17.50	\$70.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jun 18	Aug 20		\$17.50	\$70.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jun 19	Aug 21		\$17.50	\$70.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jun 20	Aug 22	Jul 4	\$17.50	\$70.00	Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jun 21	Aug 23	Jul 5	\$17.50	\$70.00	Margaret G.	Comp Pool
55+ Twinges	Mon	9:30 AM	10:15 AM	Jun 17	Aug 19		FREE	\$49.25	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Jun 18	Aug 20		FREE	\$49.25	Becky G.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Jun 19	Aug 21		FREE	\$49.25	Ann E.	Rec Pool
55+ Twinges	Thu	8:30 AM	9:15 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.25	Becky G.	Rec Pool
55+ Twinges	Fri	9:30 AM	10:15 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Ann E.	Rec Pool

55+	Yoga-Aqua	Thur	7:00 AM	7:45 AM	Jun 20	Aug 22	Jul 4	\$42.50	\$85.00	Nina H.	Rec Pool
55+	Adult Swim Lessons	Mon	5:30 PM	6:15 PM	Jul 8	Aug 26		\$38.00	\$76.00	Grace F.	Rec Pool

PRIVATE SWIM LESSONS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Private Swim Lessons							\$100.00	\$150.00	Rec/Comp
55+	Semi-Private Swim Lessons							\$80.00	\$130.00	Rec/Comp

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	Jun 17	Aug 21		\$17.50	\$35.00	Mary Claire M. Sarah G./ DCMC Rec Pool	
55+	Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 18	Aug 22	Jul 4	\$17.50	\$35.00	Christine M./ DCMC Studio 2/3	
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 18	Aug 20		FREE	\$49.25	Christine M. Studio 2/3	
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 25	Aug 20	Jun 18	FREE	\$49.25	Christine M. Virtual	
55+	Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 20	Jun 22	Jul 4	FREE	\$49.25	Christine M. Studio 2/3	
55+	LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Returning in Fall! Contact Abby Tesch to Register			FREE	FREE	Abby T./ Megan S. Studio 1	
55+	STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 18	Aug 20		FREE	\$39.50	Abby T./Megan S. Wellness Ctr.	
55+	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 17	Aug 19		FREE	\$39.50	Christine M. Comm Rm	
55+	M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby Tesch			FREE	FREE	Christine M/ DCMC Studio 2/3	
55+	Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Returning Fall! Contact Abby Tesch for more info			\$75.00	\$95.00	Abby T. Studio 2/3	
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	Returning in Fall! Contact Abby Tesch for more info			FREE	FREE	Abby T./ Sue P. ADRC	
55+	Twinges	Mon	9:30 AM	10:15 AM	Jun 17	Aug 19		FREE	\$49.25	Ann E. Rec Pool	
55+	Twinges	Tue	8:30 AM	9:15 AM	Jun 18	Aug 20		FREE	\$49.25	Becky G. Rec Pool	
55+	Twinges	Wed	9:30 AM	10:15 AM	Jun 19	Aug 21		FREE	\$49.25	Ann E. Rec Pool	
55+	Twinges	Thu	8:30 AM	9:15 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.25	Becky G. Rec Pool	
55+	Twinges	Fri	9:30 AM	10:15 AM	Jun 21	Aug 23	Jul 5	FREE	\$49.25	Ann E. Rec Pool	
	Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 18	Sep 3		\$100.00	\$125.00	Tess J. Comm Rm	
	Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Oct 1	Dec 17		\$100.00	\$125.00	Tess J. Comm Rm	
	Y's Weight Loss Alumni Club	Tue	8:00 AM	8:30 AM	Jun 18	Aug 27		\$17.50	\$35.00	Tess J. Comm Rm	
	Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jun 18	Aug 27		\$17.50	\$35.00	Tess J. Comm Rm	
	Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Jun 19	Jun 19		\$10.00	\$10.00	Becky B. Studio 3	
	Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Jul 10	Jul 10		\$10.00	\$10.00	Becky B. Studio 3	
	Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Aug 14	Aug 14		\$10.00	\$10.00	Becky B. Studio 3	
	Lifeguard Certification Training - <i>MUST attend all four days</i>	15+	Thu-Sun	August 22 & 23 4:00PM-8:00PM August 24 & 25 7:00AM-5:00PM					\$325.00	Free Course and Y Membership when you join our Team	Comp pool
	Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	15+	Sat	8:00 AM	5:00 PM	Aug 17	Aug 17		\$150.00	Free if you currently work at the Y	Comp pool

SOCIAL ENGAGEMENT

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

Adult Sports

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
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Underwater Hockey (First class will be on Mon. 6/17)	Thur	5:00 PM	6:45 PM	Jun 20	Aug 22	Jun 20, Jul 4	\$67.50 for 9wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
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