



# ForeverWell

Fall 1 2024 • September 3 - October 27

Sturgeon Bay Program Center • 920.743.4949 • 1900 Michigan St. Sturgeon Bay, WI 54235  
 Jackie & Steve Kane Center • 920.868.3660 • 3866 Gibraltar Rd. Fish Creek, WI 54212

**ForeverWell is a new program designed for people 55 and older. ForeverWell takes a holistic approach to wellness by addressing five components of health; mind, body, spirit, community, and nature. We aim to not only improve physical health but also deepen social engagement, create meaningful relationships, and improve quality of life. For more information contact Abby Tesch (920) 743-4949 or Bailey Cox (920) 868-3660**

## 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	Sept 5	Oct 24		\$14.00	\$56.00	Mary Claire M.	Virtual	
Healthy Choice	Previously recorded classes available! Register to receive							Free	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 3	Oct 15	Oct 22	Free	\$39.50	Christine M.	Virtual	
Silver Sneakers Classic	Previously recorded classes available! Register to receive							Free	\$39.50	Abby T.	Virtual
Step	Previously recorded classes available! Register to receive							Free	\$39.50	Stephanie K.	Virtual

**\*4 person minimum for a virtual class to run**

## MIND AND SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Yoga-Chair	Tue	10:15 AM	11:00 AM	Sept 3	Oct 22		\$34.00	\$68.00	Mynn L.	Studio C
<b>Sturgeon Bay Center</b>										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Suzanne H.	Studio 1

## BODY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Sept 4	Oct 23		\$14.00	\$56.00	Bonnie S.	Studio A
Silver & Fit	Mon	10:15 AM	11:00 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Kim / Bailey	Gym
Silver & Fit	Wed	10:15 AM	11:00 AM	Sept 4	Oct 23		FREE	\$39.50	Kim / Bailey	Gym
Silver & Fit	Fri	10:15 AM	11:00 AM	Sept 6	Oct 25	Oct 4	FREE	\$39.50	Bailey C.	Gym
Silver Sneakers Classic	Tue	9:15 AM	10:00 AM	Sept 3	Oct 22		FREE	\$39.50	Mynn L.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sept 5	Oct 24		FREE	\$39.50	Kim / Bailey	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Sept 5	Oct 24		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Sept 6	Oct 25		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Sept 4	Oct 23		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sept 3	Oct 15	Oct 22	FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sept 4	Oct 23		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sept 5	Oct 24		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 6	Oct 25		FREE	\$39.50	Abby T.	Gym A/B

## COMMUNITY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month		--	FREE	FREE		Social Lounge

Mahjongg- Beginner	Fri	10:30 AM	12:30 PM	Beginner Play Every Friday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	<b>FREE</b>	<b>FREE</b>		Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	Sept 25, Oct 30th		<b>FREE</b>	<b>FREE</b>		Studio A
Ukulele Jam	Mon	1:00 PM	2:45 PM	Sept 9th, 23rd, Oct 7th, 21st	--	<b>FREE</b>	<b>FREE</b>		Studio A
Together Thursday	Thu	11:30 PM	1:00 PM	Sept 19th, Oct 17th		<b>FREE</b>	<b>FREE</b>		Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Sept 18th, Oct 16th		<b>FREE</b>	<b>FREE</b>		Social Lounge
<b>Sturgeon Bay Center</b>									
Mahjongg	Fri	10:30 AM	12:00 PM	Play Every Friday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Play Every Wednesday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Together Tuesday	Tue	11:30 AM	12:30 PM	1st and 3rd Tuesday of the month		<b>FREE</b>	<b>FREE</b>		Comm Rm
Wisdom Wednesday	Wed	11:30 AM	12:30 PM	2nd Wednesday of the month		<b>FREE</b>	<b>FREE</b>		Comm Rm
WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month	--	<b>FREE</b>	<b>FREE</b>		Meeting Rm.
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month	--	<b>FREE</b>	<b>FREE</b>		Comm Rm

**NATURE**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Door County Land Trust: White Cliff Nature Preserve	Mon	12:00	1:00 PM	Sept 16			<b>FREE</b>	<b>FREE</b>		White Cliff Nature Preserve
Peterson Park: Fall Flowers	Wed	10:30 AM	11:30 AM	Sept 25			<b>FREE</b>	<b>FREE</b>		Peterson Park
Door County Land Trust: Kangaroo Lake Nature Preserve	Mon	12:00 PM	1:00 PM	Oct 21			<b>FREE</b>	<b>FREE</b>		Kangaroo Lake Nature Preserve

**SPECIALTY PROGRAMS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
<b>Jackie and Steve Kane Center</b>											
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Sept 3	Oct 24		\$14.00	\$28.00	Amy J./DCMC	Gym	
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Bonnie	Pool	
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bill W	Pool	
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Sept 6	Oct 25		\$14.00	\$56.00	Bill W	Pool	
<b>Sturgeon Bay Center</b>											
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Sept 4	Oct 23	Sept 2	\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool	
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sept 3	Oct 24	Oct 22	\$14.00	\$28.00	Christine M./DCMC	Studio 2/3	
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 3	Oct 15	Oct 22	<b>FREE</b>	\$39.50	Christine M.	Studio 2/3	
Land Arthritis	Thu	10:30 AM	11:15 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3	
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Sept 3			<b>FREE</b>	<b>FREE</b>	Abby T./Megan S.	Studio 1	
STAYSTRONG	Tue	1:30 PM	2:15 PM	Sept 3	Oct 22		<b>FREE</b>	\$39.50	Abby T./Megan S.	Wellness Ctr.	
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 9	Oct 21	Sept 2	<b>FREE</b>	\$39.50	Christine M.	Comm Rm	
M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			<b>FREE</b>	<b>FREE</b>	Christine M/DCMC	Studio 2/3	
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Sept 3	Nov 26	Oct 22	\$75.00	\$95.00	Abby T.	Studio 2	
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Sept 4	Oct 23		\$14.00	\$28.00	Suzanne H.	Studio 2	
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly				\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
Stepping On	Mon	1:00 PM	3:00 PM	Sept 9	Oct 21	Sept 2	<b>FREE</b>	<b>FREE</b>	Abby T./Sue P.	ADRC	
Twinges	Mon	9:30 AM	10:15 AM	Sept 9	Oct 21	Sept 2	<b>FREE</b>	\$39.50	Ann E.	Rec Pool	
Twinges	Wed	9:30 AM	10:15 AM	Sept 4	Oct 23		<b>FREE</b>	\$39.50	Ann E.	Rec Pool	
Twinges	Fri	9:30 AM	10:15 AM	Sept 6	Oct 25		<b>FREE</b>	\$39.50	Ann E.	Rec Pool	
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Oct 1	Dec 17	Oct 22	\$100.00	\$125.00	Tess J.	Comm Rm	
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Oct 1	Dec 17	Oct 22	\$100.00	\$125.00	Tess J.	Comm Rm	
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:30 AM	Returning Fall 2				\$17.50	\$35.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Returning Fall 2				\$17.50	\$35.00	Tess J.	Comm Rm
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Sept 11	Sept 11		\$10.00	\$10.00	Becky B.	Studio 3	

Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Oct 9	Oct 9		\$10.00	\$10.00	Becky B.	Studio 3
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