



F124 GROUP FITNESS

Fall 1 2024 • September 3 - October 27

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	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							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**

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	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

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	Oct 29	Dec 17		\$17.50	\$35.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Oct 29	Dec 17		\$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	Sept 3	Oct 22		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Sept 3	Oct 22		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22		\$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	Sept 4	Oct 23		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	Sept 4	Oct 23		\$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	Sept 4	Oct 23		\$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)							\$115.00	N/A		S.P. Field
Intro To Sports Performance Training Adults 15 and up	Tue	5:15 PM	6:15 PM	Sept 3	Oct 22		\$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	Sept 5	Oct 24		\$52.00	\$104.00	Abby T.	S.P. Field
Sports Performance Training Teens 12-17	Mon	4:00 PM	5:00 PM	Sept 9	Oct 21	Sept 2	\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17	Tue	4:00 PM	5:00 PM	Sept 3	Oct 22		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17	Wed	4:00 PM	5:00 PM	Sept 4	Oct 23		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17 yr	Thu	4:00 PM	5:00 PM	Sept 5	Oct 24		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Sept 9	Oct 21	Sept 2	\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Sept 3	Oct 22		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Sept 3	Oct 22		\$52.00	\$104.00	Aiden L.	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Sept 4	Oct 23		\$52.00	\$104.00	Eric B.	S.P. Field

Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Sept 5	Oct 24		\$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	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Mon	4:00 PM	4:25 PM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Thu	4:45 PM	5:10 PM	Sept 5	Oct 24		\$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	Sept 4	Oct 23	Sept 25	\$34.00	\$68.00	Sara O.	Mtg Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Sept 4	Oct 23	Sept 25	\$34.00	\$68.00	Sara O.	Mtg Room
Pilates	Mon	9:15 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Heidi B.	Studio 3
Pilates	Tue	5:15 PM	6:00 PM	Sept 3	Oct 22		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Sept 4	Oct 23		\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Sept 6	Oct 25		\$34.00	\$68.00	Tonya F.	Studio 2/3
Tai-Chi Movement	Thu	5:45 PM	6:45 PM	Oct 3	Oct 24		\$17.00	\$34.00	Chris E.	Studio 1
Yoga-Aqua	Thu	9:30 AM	10:15 AM	Sept 5	Oct 24	Oct 17	\$25.50	\$51.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sept 4	Oct 23		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Sept 5	Oct 24		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Sept 17	Oct 22	Sept 3 Sept 10	\$25.50	\$51.00	Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:30 AM	10:30 AM	Sept 3	Oct 8	Oct 15 Oct 22	\$25.50	\$51.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Sept 4	Oct 23		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Sept 4	Oct 23	Oct 16	\$34.00	\$68.00	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	Sept 4	Oct 23		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Sept 3	Oct 15	Oct 22	\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Sept 5	Oct 24		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Sept 5	Oct 24		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Sept 6	Oct 25		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Sept 4	Oct 25	Sept 2	FREE	\$95.50	Ellen K./ April M./Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Sept 4	Oct 23		\$14.00	\$56.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sept 3	Oct 15	Oct 22	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Sept 4	Oct 23		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Sept 5	Oct 24		FREE	\$39.50	Sarah G.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Sept 6	Oct 25		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Sept 5	Oct 24		\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Sept 3	Oct 15	Oct 22	\$34.00	\$68.00	Tim S.	Gym Ctr
Sprint-8®	Mon	9:30 AM	9:55 AM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Mon	4:00 PM	4:25 PM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Stacey B.	Well Ctr

Sprint-8@	Thu	4:45 PM	5:10 AM	Sept 5	Oct 24		\$22.50	\$56.00	Markanique W.	Well Ctr
Step	Mon	8:00 AM	9:00 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Sept 6	Oct 25		FREE	\$39.50	Linda W.	Studio 1

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START		NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Sept 3	Oct 15	Oct 22	\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Sept 3	Oct 22		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Sept 5	Oct 24		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Sept 6	Oct 25		\$14.00	\$56.00	Heidi B.	Studio 2/3
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
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Sept 4	Oct 23		\$14.00	\$56.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Sept 4	Oct 23		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Sept 3	Oct 15	Oct 22	\$34.00	\$68.00	Tim S.	Gym Ctr
Men on Weights	Wed	9:15 AM	10:00 AM	Sept 4	Oct 23		\$34.00	\$68.00	Aiden L.	Well Ctr
RIP	Wed	9:00 AM	10:00 AM	Sept 4	Oct 23		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Sept 4	Oct 23		\$14.00	\$56.00	Jen L.	Studio 2
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
Starter Fit	Wed	10:00 AM	11:00 AM	Sept 4	Oct 23		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Sept 3	Oct 22		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22		\$34.00	\$68.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Sept 4	Oct 23		FREE	--	--	Well Ctr

WATER FITNESS

CLASS	DAY	START	END	START			MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Debbie B.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Sept 3	Oct 22		FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Sept 4	Oct 23		FREE	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Sept 5	Oct 24		FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Sept 6	Oct 25		FREE	\$39.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	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
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Sept 4	Oct 23		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Sept 3	Oct 22		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Sept 4	Oct 23		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Sept 5	Oct 24		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Sept 6	Oct 25		\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Sept 4	Oct 23		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Sept 6	Oct 25		FREE	\$39.50	Ann E.	Rec Pool
Yoga-Aqua	Thu	9:30 AM	10:15 AM	Sept 5	Oct 24	Oct 17	\$25.50	\$51.00	Nina H.	Rec Pool
Adult Swim Lessons	Wed	9:00 AM	9:45 AM	Sept 4	Oct 16		\$33.25	\$66.50	Arie H.	Rec Pool

PRIVATE SWIM LESSONS

CLASS		MBR.	COMM.	Loc
Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$100.00	\$150.00	Rec/Comp
Semi-Private Swim Lessons	By appointment (price is per person, 4 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	Sept 4	Oct 23	Sept 2	\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool	
55+ 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	
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22	Oct 22	FREE	\$39.50	Christine M.	Studio 2/3	
55+ Land Arthritis	Thu	10:30 AM	11:15 AM	Sept 5	Oct 24		FREE	\$39.50	Christine M.	Studio 2/3	
55+ LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Sept 3	Nov 21		FREE	FREE	Abby T./ Megan S.	Studio 1	
55+ STAYSTRONG	Tue	1:30 PM	2:15 PM	Sept 3	Oct 22		FREE	\$39.50	Abby T./ Megan S.	Wellness Ctr.	
55+ LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Christine M.	Comm Rm	
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	
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Sept 4	Oct 23		\$14.00	\$28.00	Suzanne H.	Studio 2	
55+ 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	
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	Sept 9	Oct 23	Sept 2	FREE	FREE	Abby T./ Sue P.	ADRC	
55+ Twinges	Mon	9:30 AM	10:15 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Ann E.	Rec Pool	
55+ Twinges	Wed	9:30 AM	10:15 AM	Sept 4	Oct 23		FREE	\$39.50	Ann E.	Rec Pool	
55+ Twinges	Fri	9:30 AM	10:15 AM	Sept 6	Oct 25		FREE	\$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					Tess J.	Comm Rm	
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Returning Fall 2					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	
Lifeguard Certification Training - <i>MUST attend all four days</i>	Th-Sun	October 24th and 25th 4:00pm-8:00pm October 26th and 27th 7:00am-5:00pm						\$325.00	\$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>	Sat	November 16th 7:00am-5:00pm						\$150.00	\$150.00	Free if you currently work at the Y	Comp pool
Duathlon	Sept 21	September 21st at 8am September 13th Individual or 2 person teams.						20 per person \$30 per team		Carla and Ellsworth Peterson Aquatic Center and Peterson Park	

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Mahjongg	Fri	10:30 AM	12:00 PM	Open Play Every Friday			FREE	FREE		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open Play Every Wednesday			FREE	FREE		Social Lounge
Together Tuesday	Tue	11:30 AM	12:30 PM	1st and 3rd Tuesday of the month			FREE	FREE		Comm Rm
Wisdom Wednesday	Wed	11:30 AM	12:30 PM	2nd Wednesday of the month			FREE	FREE		Comm Rm
WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month			--	FREE	FREE	Meeting Rm.
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month			--	FREE	FREE	Comm Rm
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Sept 6	Oct 25		\$47.50 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	Sept 8	Oct 27		\$76.00 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool