



# F224 GROUP FITNESS

Fall 2 2024 • October 28-December 22

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	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						<b>Free</b>	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		<b>Free</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						<b>Free</b>	\$39.50	Abby T.	Virtual
Step	Previously recorded classes available! Register to receive						<b>Free</b>	\$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)	<b>FREE</b>	--	--	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	In session			\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	In session			\$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)	<b>FREE</b>	--	--	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	Oct 29	Dec 17		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Oct 29	Dec 17		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		\$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	Oct 30	Dec 18		<b>FREE</b>	--	--	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	10:00 AM	10:45 AM	Oct 30	Dec 18		\$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	Oct 30	Dec 18		\$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
<b>2x/wk discount (50% off 2nd day)</b>										
<b>UNLIMITED PACKAGE (Unlimited classes)</b>							\$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	Oct 29	Dec 17		\$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	Oct 31	Dec 19	Nov 28	\$52.00	\$104.00	Angie D.	S.P. Field
Sports Performance Training Teens 12-17	Mon	4:00 PM	5:00 PM	Oct 28	Dec 16		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17	Tue	4:00 PM	5:00 PM	Oct 29	Dec 17		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17	Wed	4:00 PM	5:00 PM	Oct 30	Dec 18		\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Teens 12-17	Thu	4:00 PM	5:00 PM	Oct 31	Dec 19	Nov 28	\$52.00	\$104.00	Mike/Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Oct 28	Dec 16		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Oct 29	Dec 17		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Oct 29	Dec 17		\$52.00	\$104.00	Aiden L.	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Oct 30	Dec 18		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Oct 31	Dec 19	Nov 28	\$52.00	\$104.00	Abby T.	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®	Mon	9:30 AM	9:55 AM	Oct 28	Dec 16		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Mon	4:45 PM	5:10 PM	Oct 28	Dec 16		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8®	Tue	4:45 PM	5:10 PM	Oct 29	Dec 17		\$22.50	\$56.00	Matt O.	Well Ctr
Sprint-8®	Thu	4:45 PM	5:10 PM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Markanique W.	Well Ctr

### BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+ Meditation-Beginner	Wed	9:30 AM	10:45 AM	Nov 20	Dec 18	Oct 30, Nov 6, Nov 13	\$21.50	\$42.50	Sara O.	Mtg Room
55+ Meditation-Guided	Wed	8:30 AM	9:15 AM	Nov 20	Dec 18	Oct 30, Nov 6, Nov 13	\$21.50	\$42.50	Sara O.	Mtg Room
Pilates	Mon	9:15 AM	10:00 AM	Oct 28	Dec 16		\$34.00	\$68.00	Heidi B.	Studio 3
Pilates	Tue	5:15 PM	6:00 PM	Oct 29	Dec 17		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Oct 30	Dec 18	Dec 11	\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Nov 1	Dec 20	Nov 29	\$34.00	\$68.00	Tonya F.	Studio 2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Chris E.	Studio 1
55+ Yoga-Aqua	Thu	9:30 AM	10:15 AM	Oct 31	Dec 12	Nov 7, Nov 21, Nov 28, Dec 19	\$17.00	\$34.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Oct 28	Dec 16		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Oct 30	Dec 18		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Dwight Z.	Studio 1
55+ Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 28	Dec 16		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Oct 29	Dec 17	Dec 10	\$34.00	\$68.00	Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Oct 28	Dec 16		\$34.00	\$68.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Oct 28	Dec 16		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Oct 29	Dec 17	Dec 10	\$34.00	\$68.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Oct 30	Dec 18		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Oct 30	Dec 18	Dec 11	\$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	Oct 30	Dec 18		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Oct 28	Dec 16		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Oct 30	Dec 18		\$22.50	\$56.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Oct 29	Dec 17		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Nov 1	Dec 20	Nov 29	\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Oct 28	Dec 20	Nov 29	<b>FREE</b>	\$95.50	Ellen K./April M./Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Oct 30	Dec 18		\$14.00	\$56.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Oct 28	Dec 16		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Oct 28	Dec 16	Dec 2	\$34.00	\$68.00	Tim S.	Gym Ctr

Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Oct 29	Dec 17	Dec 3	\$34.00	\$68.00	Tim S.	Gym Ctr
Sprint-8@	Mon	9:30 AM	9:55 AM	Oct 28	Dec 16		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8@	Mon	4:45 PM	5:10 PM	Oct 28	Dec 16		\$22.50	\$56.00	Stacey B.	Well Ctr
Sprint-8@	Tue	4:45 PM	5:10 PM	Oct 29	Dec 17		\$22.50	\$56.00	Matt O.	Well Ctr
Sprint-8@	Thu	4:45 PM	5:10 AM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Markanique W.	Well Ctr
Step	Mon	8:00 AM	9:00 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$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	Oct 29	Dec 17	Nov 19, Nov 28	\$10.50	\$42.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Oct 29	Dec 17		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Nov 1	Dec 20	Nov 29	\$14.00	\$56.00	Heidi B.	Studio 2/3
55+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 28	Dec 16		\$14.00	\$56.00	Dwight Z.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Mary Claire M.	Gym Ctr
55+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Nov 1	Dec 20	Nov 29	\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Oct 30	Dec 18		\$14.00	\$56.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Oct 28	Dec 16		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Oct 30	Dec 18		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Oct 28	Dec 16	Dec 2	\$34.00	\$68.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Oct 29	Dec 17	Dec 3	\$34.00	\$68.00	Tim S.	Gym Ctr
Men on Weights	Wed	10:00 AM	10:45 PM	Oct 30	Dec 18		\$34.00	\$68.00	Aiden L.	Well Ctr
RIP	Wed	9:00 AM	10:00 AM	Oct 30	Dec 18		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Oct 30	Dec 18		\$14.00	\$56.00	Jen L.	Studio 2
55+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Heidi B.	Gym A/B
55+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Christine M.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$39.50	Abby T.	Gym A/B
Starter Fit	Wed	10:00 AM	11:00 AM	Oct 30	Dec 18		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		\$34.00	\$68.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Oct 29	Dec 17		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		\$34.00	\$68.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Oct 30	Dec 18		<b>FREE</b>	--	--	Well Ctr

**WATER FITNESS**

CLASS	DAY	START	END	START	MEMBER	COMM.	INST	LOC		
55+ Aqualite	Mon	8:45 AM	9:30 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Debbie B.	Comp Pool
55+ Aqualite	Tue	8:45 AM	9:30 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Wed	8:45 AM	9:30 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Dora L.	Comp Pool
55+ Aqualite	Thu	8:45 AM	9:30 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Fri	8:45 AM	9:30 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$39.50	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Oct 28	Dec 18		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Oct 30	Dec 18		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Oct 29	Dec 17		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Oct 30	Dec 18		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Nov 1	Dec 20	Nov 29	\$14.00	\$56.00	Margaret G.	Comp Pool
55+ Twinges	Mon	9:30 AM	10:15 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Thu	8:30 AM	9:15 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Fri	9:30 AM	10:15 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$39.50	Ann E.	Rec Pool

55+	Yoga-Aqua	Thu	9:30 AM	10:15 AM	Oct 3	Dec 12	Nov 7, Nov 21, Nov 28, Dec 19	\$17.00	\$34.00	Nina H.	Rec Pool
55+	Adult Swim Lessons	Tue	4:00 PM	4:45 PM	Oct 29	Dec 10		33.25	\$66.50	Arie H.	Rec Pool

**PRIVATE SWIM LESSONS**

CLASS	MBR.	COMM.	Loc	
55+ Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$100.00	\$150.00	Rec/Comp
55+ 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	Oct 28	Dec 18		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
55+ Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Oct 29	Dec 19	Nov 28	\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
55+ Land Arthritis	Thu	10:30 AM	11:15 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
55+ LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Sept 3	Nov 21		<b>FREE</b>	<b>FREE</b>	Abby T./ Megan S.	Studio 1
55+ STAYSTRONG	Tue	1:30 PM	2:15 PM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Abby T./ Megan S.	Wellness Ctr.
55+ LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Christine M.	Comm Rm
55+ 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
55+ Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Oct 30	Dec 18		\$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		Nov 28	\$45.00	\$75.00	Christine M./ DCMC	Studio 2/ Gym C
55+ Stepping On	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			<b>FREE</b>	<b>FREE</b>	Abby T./ Sue P.	ADRC
55+ Twinges	Mon	9:30 AM	10:15 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Oct 29	Dec 17			\$39.50	Megan S.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Oct 30	Dec 18		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Thu	8:30 AM	9:15 AM	Oct 31	Dec 19	Nov 28		\$39.50	Megan S.	Rec Pool
55+ Twinges	Fri	9:30 AM	10:15 AM	Nov 1	Dec 20	Nov 29	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	In session			\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	In session			\$100.00	\$125.00	Tess J.	Comm Rm
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
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Nov 13	Nov 13		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Nov 20	Nov 20		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Dec 11	Dec 11		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Dec 18	Dec 18		\$10.00	\$10.00	Rebecca B.	Studio 3
Lifeguard Certification Training - <i>MUST attend all four days</i>	Th-Sun	Check back for Winter session 1 dates					\$325.00	\$325.00	<b>Free Course and Y Membership when you join our Team</b>	Comp pool
Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	Sat	Check back for Winter session 1 dates					\$150.00	\$150.00	<b>Free if you currently work at the Y</b>	Comp pool

**ADULT RECREATION & SPORTS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Nov 1	Dec 20		\$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	Nov 3	Dec 22		\$76.00 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool

Volleyball League	Mon	5:30 PM	8:30 PM	Nov 11	Mar 17		\$250 per team, additional \$35 per non Y member	Staff	Gym A/B
-------------------	-----	---------	---------	--------	--------	--	--	-------	---------

**SOCIAL ENGAGEMENT**

CLASS	DAY	START	END		NO	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	Oct 15, Nov 12, Dec 17		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.	
Create and Connect: Art, Crafts and Friendship for Seniors	Thu	10:45 AM	11:45 AM	Oct 31	Dec 19	Nov 28	\$50.00	\$90	Rebecca B	Underground
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month	--	FREE	FREE		Comm Rm	