



ForeverWell

Fall 2 2024 • October 28-December 22

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	Oct 31	Dec 19	Nov 28	\$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	Oct 29	Dec 17		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
Jackie and Steve Kane Center										
Yoga-Chair	Thurs	10:15 AM	11:00 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Kay	Studio C
Sturgeon Bay Center										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 28	Dec 16		\$34.00	\$68.00	Suzanne H.	Studio 1

BODY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Oct 28	Dec 16		\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Oct 30	Dec 18		\$14.00	\$56.00	Bonnie S.	Studio A
Silver & Fit	Mon	10:15 AM	11:00 AM	Oct 28	Dec 16		FREE	\$39.50	Andrea O.	Gym
Silver & Fit	Wed	10:15 AM	11:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sue	Gym
Silver Sneakers Classic	Fri	10:15 AM	11:00 AM	Nov 1	Dec 20		FREE	\$39.50		Gym
Sturgeon Bay Center										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 28	Dec 16		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Nov 1	Dec 20	Nov 29	\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 28	Dec 16		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Oct 30	Dec 18		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 28	Dec 16		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 29	Dec 17		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Oct 30	Dec 18		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 1	Dec 20	Nov 29	FREE	\$39.50	Abby T.	Gym A/B

COMMUNITY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										
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			FREE	FREE		Social Lounge

Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday			FREE	FREE		Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday			--	FREE	FREE	Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	Nov 27, Dec 18				FREE	FREE	Studio A
Ukulele Jam	Mon	1:00 PM	2:45 PM	Oct 28, Nov 11, Nov 25, Dec 9			--	FREE	FREE	Studio A
Together Days	Thu	11:30 PM	1:00 PM	Nov 20, Dec 12				FREE	FREE	Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Nov 7, Dec 4				FREE	FREE	Social Lounge
Sturgeon Bay Center										
Mahjongg	Fri	10:30 AM	12:00 PM	Play Every Friday				FREE	FREE	Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	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	\$90.00	Rebecca B	Underground
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month			--	FREE	FREE	Comm Rm

NATURE

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Door County Land Trust: Bayshore Blufflands	Mon	11:00 AM	12:00 PM	Oct 14				FREE	FREE	Amy J.	Bayshore Blufflands
Peterson Park: Winter	Wed	10:30 AM	11:30 AM	Dec 11				FREE	FREE	Mark H.	Peterson Park

SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Jackie and Steve Kane Center											
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Oct 29	Dec 19	Nov 28	\$14.00	\$28.00	Amy J./DCMC	Gym	
Twinges	Thu	10:00 AM	10:30 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Bonnie	Pool	
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Oct 28	Dec 30		\$14.00	\$56.00	Bill W	Pool	
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Nov 1	Dec 27		\$14.00	\$56.00	Bill W	Pool	
Sturgeon Bay Center											
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Oct 28	Dec 18		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool	
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	
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 29	Dec 17		FREE	\$39.50	Christine M.	Studio 2/3	
Land Arthritis	Thu	10:30 AM	11:15 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Christine M.	Studio 2/3	
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Sept 3	Nov 21		FREE	FREE	Abby T./Megan S.	Studio 1	
STAYSTRONG	Tue	1:30 PM	2:15 PM	Oct 29	Dec 17		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.	
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 28	Dec 16		FREE	\$39.50	Christine M.	Comm Rm	
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	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	Oct 30	Dec 18		\$14.00	\$28.00	Suzanne H.	Studio 2	
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
Stepping On	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	Abby T./Sue P.	ADRC	
Twinges	Mon	9:30 AM	10:15 AM	Oct 28	Dec 16		FREE	\$39.50	Ann E.	Rec Pool	
Twinges	Tue	8:30 AM	9:15 AM	Oct 29	Dec 17		FREE	\$39.50	Megan S.	rec Pool	
Twinges	Wed	9:30 AM	10:15 AM	Oct 30	Dec 18		FREE	\$39.50	Ann E.	Rec Pool	
Twinges	Thu	8:30 AM	9:15 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Megan S.	Rec Pool	
Twinges	Fri	9:30 AM	10:15 AM	Nov 1	Dec 20	Nov 29	FREE	\$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