



# W125 GROUP FITNESS

Winter 1 2025 • January 2 - February 23

Sturgeon Bay Program Center • 920.743.4949  
1900 Michigan St. Sturgeon Bay, WI 54235

**55+** 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	Jan 2	Feb 20		\$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
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Christine M.	Virtual	
55+ 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	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)	<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
55+ Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 14	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 13	May 1		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	Jan 9	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	11:45 AM	12:30 PM	Jan 16	Apr 3		\$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
55+ Y's Weight Loss Alumni Club	Tue	9:15 AM	9:45 AM	Jan 7	Feb 18		\$17.50	\$35.00	Tess J.	Comm Rm
55+ Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jan 7	Feb 18		\$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

### SMALL GROUP TRAINING

**Krav Maga Self-Defense Small Group Training** combines the practicality of self-defense with the techniques of kickboxing striking. You'll learn how to protect yourself against a variety of common attacks, and work towards disengagement and deescalation. Our instructor will guide you through drills, partner exercises, and situational training, helping you build strength, confidence, and the skills necessary to stay safe in common defensive situations.(3-4 participants class dependent)

**TRX Small Group Training** is geared towards increasing functional strength, this class, led by one of our personal trainers provides new exercises and direction on how to incorporate TRX straps into your workout.

	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
<b>NEW</b>	Krav Maga Small Group Training	Wed	8:00 AM	9:00 AM	Jan 8	Feb 19		\$65.00	--	Tim S.	Gym Ctr
<b>NEW</b>	Krav Maga Small Group Training	Fri	8:45 AM	9:45 AM	Jan 3	Feb 21		\$65.00	--	Tim S.	Gym Ctr
<b>NEW</b>	TRX® Band Small Group Training	Mon	9:15 AM	9:45 AM	Jan 6	Feb 17		\$65.00	--	Laine S.	Well Ctr

### 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.

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	Jan 7	Feb 18		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Jan 7	Feb 18		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Jan 2	Feb 20		\$34.00	\$68.00	Stacey B.	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	Jan 8	Feb 19		\$34.00	\$68.00	Stacey B.	Well Ctr

### POWER TRAINING/SPORTS PERFORMANCE TRAINING

#### UNLOCK YOUR FITNESS POTENTIAL AND DISCOVER YOUR POWER

**Progression** – Encouraging continuous improvement, no matter the starting point.

**Optimization** – Maximizing performance by targeting all areas of fitness.

**Wellness** – Fostering overall health, including strength, mobility, and mental well-being.

**Endurance** – Building stamina alongside strength.

**Resilience** – Developing the mental and physical toughness to overcome challenges.

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>				Jan 6	Feb 21		\$115.00	N/A		S.P. Field	
POWER	Mon	5:15 PM	6:15 PM	Jan 6	Feb 17		\$52.00	\$104.00	Angie D.	S.P. Field	
POWER	Tue	5:30 AM	6:30 AM	Jan 7	Feb 18		\$52.00	\$104.00	Sarah G.	S.P. Field	
POWER	Tue	9:15 AM	10:15 AM	Jan 7	Feb 18		\$52.00	\$104.00	Aiden L.	S.P. Field	
POWER	Tue	5:15 PM	6:15 PM	Jan 7	Feb 18		\$52.00	\$104.00	Joe B./ Aiden L.	S.P. Field	
<b>NEW</b>	POWER Express	Wed	5:30 AM	6:00 AM	Jan 8	Feb 19		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Jan 8	Feb 19		\$52.00	\$104.00	Eric B.	S.P. Field	
POWER	Thu	5:30 AM	6:30 PM	Jan 2	Feb 20		\$52.00	\$104.00	Abby T.	S.P. Field	
<b>NEW</b>	POWER Express	Thu	5:15 PM	5:45 PM	Jan 2	Feb 20	Jan 23	\$52.00	\$104.00	Angie D.	S.P. Field
<b>NEW</b>	POWER Express	Fri	5:30 AM	6:00 AM	Jan 3	Feb 21		\$52.00	\$104.00	Abby T./ Angie D.	S.P. Field
<b>NEW</b>	POWER Express	Sat	8:15 AM	8:45 AM	Jan 4	Feb 22		\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Mon	4:00 PM	5:00 PM	Jan 6	Feb 17		\$52.00	\$104.00	Aiden L/ Mike M.	S.P. Field	
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Jan 8	Feb 19		\$52.00	\$104.00	Aiden L./ Mike M.	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
Sprint-8®	Sat	9:30 AM	9:55 AM	Jan 4	Feb 22		\$22.50	\$56.00	Markanique W.	Well Ctr

### SPRINT-8 GX®

**REFINE INTENSITY.** Sprint 8 GX is not your typical group training program. Unique in its design, Sprint 8 GX combines sprint-intensity cardio and unique strength-building movements. Tested and proven, Sprint 8 results go beyond just burning fat and building lean muscle to improving blood chemistry.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>2x/wk discount (50% off 2nd day)</b>										
<b>NEW</b> Sprint-8 GX®	Mon	11:45 AM	12:30 PM	Jan 6	Feb 17		\$22.50	\$56.00	Aiden L.	Well Ctr
<b>NEW</b> Sprint-8 GX®	Tue	6:00 PM	6:45 PM	Jan 7	Feb 18		\$22.50	\$56.00	Matt O.	Well Ctr
<b>NEW</b> Sprint-8 GX®	Thu	5:30 PM	6:15 PM	Jan 2	Feb 20	Jan 23	\$22.50	\$56.00	Matt O.	Well Ctr

### BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
34 Meditation-Beginner	Wed	9:30 AM	10:45 AM	Jan 8	Feb 19		\$34.00	\$68.00	Sara O.	Mtg Room
34 Meditation-Guided	Wed	8:30 AM	9:15 AM	Jan 8	Feb 19		\$34.00	\$68.00	Sara O.	Mtg Room
Pilates	Mon	9:15 AM	10:00 AM	Jan 6	Feb 17		\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Tue	5:15 PM	6:00 PM	Jan 7	Feb 18		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Jan 8	Feb 19		\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Jan 3	Feb 21		\$34.00	\$68.00	Tonya F.	Studio 2/3
35 Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jan 2	Feb 20	Jan 23	\$34.00	\$68.00	Chris E.	Studio 1
55+ Yoga-Aqua	Thu	9:30 AM	10:15 AM	Jan 9	Feb 20	Jan 2 Jan 30	\$25.50	\$51.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jan 6	Feb 17		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 8	Feb 19		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jan 2	Feb 20		\$34.00	\$68.00	Dwight Z.	Studio 1
35+ Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 6	Feb 17		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Jan 6	Feb 17		\$34.00	\$68.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Jan 6	Feb 17		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Jan 7	Feb 18	Jan 21	\$34.00	\$68.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Jan 8	Feb 19	Jan 22	\$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	Jan 8	Feb 19		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Jan 6	Feb 17		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Jan 6	Feb 17		\$22.50	\$56.00	Jillian W.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Jan 7	Feb 18		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Tue	6:15 PM	6:45 PM	Jan 7	Feb 18		\$22.50	\$56.00	Melissa P.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jan 2	Feb 20		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Jan 2	Feb 20	Jan 23	\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Jan 3	Feb 21		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jan 6	Feb 19		<b>FREE</b>	\$95.50	Ellen K./ Renee S./ Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 8	Feb 19		\$14.00	\$56.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jan 6	Feb 17		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jan 2	Feb 20	Jan 23	\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Jan 6	Feb 17		\$34.00	\$68.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Tim S.	Gym Ctr
Sprint-8®	Sat	9:30 AM	9:55 AM	Jan 4	Feb 22		\$22.50	\$56.00	Markanique W.	Well Ctr

Step	Mon	8:00 AM	9:00 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Jan 3	Feb 21		<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	Jan 7	Feb 18		\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Jan 7	Feb 18		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jan 2	Feb 20		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Jan 3	Feb 21		\$14.00	\$56.00	Heidi B.	Studio 2/3
35+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jan 6	Feb 17		\$14.00	\$56.00	Dwight Z.	Gym Ctr
35+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 2	Feb 20		\$14.00	\$56.00	Mary Claire M.	Gym Ctr
35+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jan 3	Feb 21		\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 8	Feb 19		\$14.00	\$56.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Jan 6	Feb 17		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Jan 8	Feb 19		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Jan 6	Feb 17		\$34.00	\$68.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Tim S.	Gym Ctr
RIP	Wed	9:00 AM	10:00 AM	Jan 8	Feb 19		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jan 8	Feb 19		\$14.00	\$56.00	Jen L.	Studio 2
35+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Abby T.	Gym C
35+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Abby T.	Gym C
35+ Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Heidi B.	Gym A/B
35+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
35+ Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
35+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Christine M.	Gym A/B
35+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Abby T.	Gym A/B
Starter Fit	Wed	10:00 AM	11:00 AM	Jan 8	Feb 19		\$34.00	\$68.00	Stacey B.	Well Ctr
<b>NEW</b> TRX @ Band Small Group Training	Mon	9:15 AM	9:45 AM	Jan 6	Feb 17		\$65.00	--	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	6:30 PM	7:15 PM	Jan 7	Feb 18		\$34.00	\$68.00	Ellen B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Jan 2	Feb 20		\$34.00	\$68.00	Stacey B.	Well Ctr

**WATER FITNESS**

CLASS	DAY	START	END	START		MEMBER	COMM.	INST	LOC	
35+ Aqualite	Mon	8:45 AM	9:30 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Sarah G.	Comp Pool
35+ Aqualite	Tue	8:45 AM	9:30 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
35+ Aqualite	Wed	8:45 AM	9:30 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Stephanie K.	Comp Pool
35+ Aqualite	Thu	8:45 AM	9:30 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
35+ Aqualite	Fri	8:45 AM	9:30 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jan 6	Feb 19		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 8	Feb 19		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jan 7	Feb 18		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jan 8	Feb 19		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jan 2	Feb 20		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jan 3	Feb 21		\$14.00	\$56.00	Margaret G.	Comp Pool
35+ Twinges	Mon	9:30 AM	10:15 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
35+ Twinges	Tue	8:30 AM	9:15 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
35+ Twinges	Wed	9:30 AM	10:15 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
35+ Twinges	Thu	8:30 AM	9:15 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
35+ Twinges	Fri	9:30 AM	10:15 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Yoga-Aqua	Thu	9:30 AM	10:15 AM	Jan 9	Feb 20	Jan 2 Jan 30	\$25.50	\$51.00	Nina H.	Rec Pool
Adult Swim Lessons	Mon	5:00 PM	5:45 PM	Jan 6	Feb 10		\$28.50	\$57.00	Robert H.	Rec Pool
Adult Swim Lessons	Wed	10:15 AM	11:00 AM	Jan 8	Feb 12		\$28.50	\$57.00	Arie H.	Rec Pool
Wisconsin River Swim Challenge	See flyer for more details			Jan 2	Apr 24		\$25.00	\$25.00	N/A	Comp 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	Jan 2	Feb 19		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
55+ Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jan 7	Feb 20		\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
65+ Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
65+ Land Arthritis	Thu	10:30 AM	11:15 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
55+ LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Jan7	Mar 27		<b>FREE</b>	<b>FREE</b>	Abby T./ Megan S.	Studio 1
55+ STAYSTRONG	Tue	1:30 PM	2:15 PM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Abby T./ Megan S.	Wellness Ctr.
65+ LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Christine M.	Comm Rm
65+ M.IN.D.	Mon	1:00 PM	3:00 PM	Jan 6	Feb 10		<b>FREE</b>	<b>FREE</b>	DCMC	Studio 2/3
65+ Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Jan 8	Feb 19		\$14.00	\$28.00	Suzanne H.	Studio 2
65+ Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Jan 7	Mar 27		\$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	For more information contact Abby T.			<b>FREE</b>	<b>FREE</b>	Abby T./ Sue P.	ADRC
65+ Twinges	Mon	9:30 AM	10:15 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
65+ Twinges	Tue	8:30 AM	9:15 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
65+ Twinges	Wed	9:30 AM	10:15 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
65+ Twinges	Thu	8:30 AM	9:15 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
65+ Twinges	Fri	9:30 AM	10:15 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
65+ Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 14	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
65+ Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 13	May 1		\$100.00	\$125.00	Tess J.	Comm Rm
65+ Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	Jan 9	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
65+ Y's Weight Loss Program	Thur	11:45 AM	12:30 PM	Jan 16	Apr 3		\$100.00	\$125.00	Tess J.	Comm Rm
65+ Y's Weight Loss Alumni Club	Tue	9:15 AM	9:45 AM	Jan 7	Feb 18		\$17.50	\$35.00	Tess J.	Comm Rm
65+ Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jan 7	Feb 18		\$17.50	\$35.00	Tess J.	Comm Rm
65+ Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Jan 15	Jan 15		\$10.00	\$10.00	Rebecca B.	Studio 3
65+ Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Jan 22	Jan 22		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Feb 12	Feb 12		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Feb 19	Feb 19		\$10.00	\$10.00	Rebecca B.	Studio 3
New Year's Fitness Challenge	See flyer for more details			Jan 2	Jan 31		<b>FREE</b>	--		
Wisconsin River Swim Challenge	See flyer for more details			Jan 2	Apr 24		\$25.00	\$25.00	N/A	Comp Pool
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	Tuesday	4:30 PM	8:00 PM	Jan 7	Feb 25	\$325.00		Heidi	Rec/Comp & Meeting Rm.
Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification. Must complete online work before class.</i>	15+	Saturday	8:00 AM	1:00 PM	Mar 22	Mar 22	\$150.00		Heidi	Rec/Comp & Meeting Rm.

**ADULT RECREATION & SPORTS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Jan 3	Feb 21		\$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	Jan 5	Feb 23		\$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	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Mahjongg	Fri	10:30 AM	12:00 PM	Open Play Every Friday			<b>FREE</b>	<b>FREE</b>		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open Play Every Wednesday			<b>FREE</b>	<b>FREE</b>		Social Lounge
Together Tuesday	Tue	11:30 AM	12:30 PM	See FW Newsletter			<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