



ForeverWell

Winter 1 2025 • January 2-February 23

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	Jan 2	Feb 20		\$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	Jan 7	Feb 18		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	Sarah G./ Steph 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	Thu	10:15 AM	11:00 AM	Jan 2	Feb 20		\$34.00	\$68.00	Kay	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Jan 6	Feb 17		\$34.00	\$68.00	Alissa S.	Studio C
Sturgeon Bay Center										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 6	Feb 17		\$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	Jan 6	Feb 17		\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Bonnie S.	Studio A
Silver Sneakers Classic - Virtual in Person	Mon	10:15 AM	11:00 AM	Jan 6	Feb 17		FREE	\$39.50	Virtual	Studio A
Silver & Fit - Virtual in Person	Tue	10:15 AM	11:00 AM	Jan 7	Feb 18		FREE	\$39.50	Virtual	Studio A
Silver & Fit	Wed	10:15 AM	11:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Sue & Bonnie	Gym
Silver Sneakers Stability	Fri	10:00 AM	10:45 AM	Jan 3	Feb 21		FREE	\$39.50	Kim D.	Gym
Sturgeon Bay Center										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jan 6	Feb 17		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 2	Feb 20		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jan 3	Feb 21		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jan 6	Feb 17		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jan 8	Feb 19		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jan 6	Feb 17		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jan 7	Feb 18		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jan 8	Feb 19		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jan 2	Feb 20		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 3	Feb 21		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	Jan 29, Feb 26			FREE	FREE		Studio A
Together Days	Thu	11:30 PM	1:00 PM	Feb 26th			FREE	FREE		Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday of the month			FREE	FREE		Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Jan 15, Feb 19			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	See FW Newsletter			FREE	FREE		Comm Rm
Wisdom Wednesday	Wed	11:30 AM	12:30 PM	See FW Newsletter			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	Jan 2	Feb 20		\$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

Check back for upcoming offerings!

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	Jan 2	Feb 20		\$14.00	\$28.00	Amy J./DCMC	Gym
Twinges	Thu	10:00 AM	10:30 AM	Jan 2	Feb 20		FREE	\$39.50	Bonnie	Pool
Sturgeon Bay Center										
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Jan 2	Feb 19		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
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
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 7	Feb 18		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Jan 2	Feb 20		FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Jan 7	Mar 27		FREE	FREE	Abby T./Megan S.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jan 7	Feb 18		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 6	Feb 17		FREE	\$39.50	Christine M.	Comm Rm
M.IN.D.	Mon	1:00 PM	3:00 PM	Jan 6	Feb 10		FREE	FREE	DCMC	Studio 2/3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Jan 7	Apr 1	Jan 16	\$14.00	\$28.00	Abby T.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Jan 8	Feb 19		\$75.00	\$95.00	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	For more information contact Abby T.			FREE	FREE	Abby T./Sue P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jan 6	Feb 17		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jan 7	Feb 18		FREE	\$39.50	Megan S.	rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jan 8	Feb 19		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jan 2	Feb 20		FREE	\$39.50	Megan S.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jan 3	Feb 21		FREE	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 14	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 13	May 1		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	Jan 9	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
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	Tue	9:15 AM	9:45 AM	Jan 7	Feb 18		\$17.50	\$35.00	Tess J.	Comm Rm

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
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
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
Wisconsin River Swim Challenge	See flyer for more details			Jan 2	Apr 24		\$25.00	\$25.00	N/A	Comp Pool