



# ForeverWell

Winter 2 2025 • February 24-April 18

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	Feb 27	Apr 17		\$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	Feb 25	Apr 15		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
<b>Jackie and Steve Kane Center</b>										
Yoga - Chair	Thu	10:15 AM	11:00 AM	Feb 27	Apr 17		\$34.00	\$68.00	Kay	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Alissa S.	Studio C
<b>Sturgeon Bay Center</b>										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Suzanne H.	Studio 1

## BODY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Feb 24	Apr 14		\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Feb 26	Apr 16		\$14.00	\$56.00	Bonnie S.	Studio A
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Feb 24	Apr 14		FREE	\$39.50	Andrea	Studio A
Silver Sneakers Classic	Wed	10:15 AM	11:00 AM	Feb 26	Apr 16		FREE	\$39.50	Kate	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Feb 27	Apr 17		FREE	\$39.50	Kate	Gym
Silver Sneakers Stability	Fri	10:00 AM	10:45 AM	Feb 28	Apr 18		FREE	\$39.50	Kim D.	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Feb 24	Apr 14		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Feb 27	Apr 17		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Feb 28	Apr 18		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Feb 24	Apr 14		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Feb 26	Apr 16		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Feb 24	Apr 14		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Feb 25	Apr 15		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Feb 26	Apr 16		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Feb 27	Apr 17		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Feb 28	Apr 18		FREE	\$39.50	Abby T.	Gym A/B

## COMMUNITY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
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		<b>FREE</b>	<b>FREE</b>		Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday		<b>FREE</b>	<b>FREE</b>		Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	Feb 26, Mar 26		<b>FREE</b>	<b>FREE</b>		Studio A
Together Days	Thu	11:30 PM	1:00 PM	Feb 26		<b>FREE</b>	<b>FREE</b>		Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday of the month		<b>FREE</b>	<b>FREE</b>		Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Mar 19, Apr 16		<b>FREE</b>	<b>FREE</b>		Social Lounge
<b>Sturgeon Bay Center</b>									
Mahjongg	Fri	10:30 AM	12:00 PM	Play Every Friday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	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	See FW Newsletter		<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

**NATURE**

Check back for upcoming offerings!

**SPECIALTY PROGRAMS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Feb 25	Apr 17		\$14.00	\$28.00	Amy J./DCMC	Gym
Twinges	Thu	10:00 AM	10:30 AM	Feb 27	Apr 17	Mar 20 Mar 27	<b>FREE</b>	\$30.00	Bonnie	Pool
<b>Sturgeon Bay Center</b>										
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Feb 24	Apr 16		\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Feb 25	Apr 17		\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	In Session			<b>FREE</b>	<b>FREE</b>	Abby T./ Megan S.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Abby T./ Megan S.	Wellness Ctr.
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Christine M.	Comm Rm
M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			<b>FREE</b>	<b>FREE</b>	DCMC	Studio 2/3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	In Session			\$14.00	\$28.00	Abby T.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Feb 26	Apr 16		\$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.			<b>FREE</b>	<b>FREE</b>	Abby T./Sue P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Megan S.	rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Feb 28	Apr 18		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	In Session	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 20	May 8		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	In Session	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Apr 15	Jul 1		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	9:15 AM	9:45 AM	Feb 25	Apr 15		\$17.50	\$35.00	Tess J.	Comm Rm

Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Feb 25	Apr 15		\$17.50	\$35.00	Tess J.	Comm Rm
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Mar 12	Mar 12		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Mar 19	Mar 19		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Apr 16	Apr 16		\$10.00	\$10.00	Rebecca B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Apr 23	Apr 23		\$10.00	\$10.00	Rebecca B.	Studio 3

Adult Swim Lessons	Tue	4:00 PM	4:45 PM	Feb 25	Apr 8		\$33.25	\$66.50	Arie H.	Rec Pool
Adult Swim Lessons	Wed	10:15 AM	11:00 AM	Feb 26	Apr 9		\$33.25	\$66.50	Arie H.	Rec Pool