



# W225 GROUP FITNESS

Winter 2 2025 • February 24-April 18

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	Feb 27	Apr 17		\$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	Feb 25	Apr 15		<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	In Session	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 20	May 8		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	In Session	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
55+ 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

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	Feb 25	Apr 15		\$17.50	\$35.00	Tess J.	Comm Rm
55+ 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

## PERSONAL TRAINING

**VIRTUAL OPTIONS ARE ALSO AVAILABLE Sessions expire one year after date of purchase**

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)

**Golf Focused Small Group Training** will help start your season off strong. A personal trainer will help increase your strength, balance, flexibility, and stamina through golf focused exercises boosting your swing speed and helping you finish a round with confidence.

**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
Krav Maga Small Group Training	Wed	8:00 AM	9:00 AM	Feb 26	Apr 16	Mar 26 Apr 2	\$49.00	--	Tim S.	Gym Ctr
Krav Maga Small Group Training	Fri	8:45 AM	9:45 AM	Feb 28	Apr 18	Mar 28	\$65.00	--	Tim S.	Gym Ctr
Golf Focused Small Group Training	Thu	11:00 AM	11:45 AM	Feb 27	Apr 17		\$65.00	--	Aiden L.	Well Ctr
TRX@ Band Small Group Training	Mon	9:15 AM	9:45 AM	Feb 24	Apr 14		\$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	Feb 25	Apr 15		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Feb 27	Apr 17		\$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	Feb 26	Apr 16		\$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>							\$115.00	N/A		S.P. Field
POWER	Mon	5:15 PM	6:15 PM	Feb 24	Apr 14		\$52.00	\$104.00	Abby T.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Feb 25	Apr 15		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Feb 25	Apr 15		\$52.00	\$104.00	Aiden L.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Feb 25	Apr 15		\$52.00	\$104.00	Joe B./ Aiden L.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Feb 26	Apr 16		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Feb 26	Apr 16		\$52.00	\$104.00	Eric B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Feb 27	Apr 17		\$52.00	\$104.00	Abby T.	S.P. Field
POWER Express	Thu	5:15 PM	5:45 PM	Feb 27	Apr 17		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Feb 28	Apr 18		\$52.00	\$104.00	Abby T./ Angie D.	S.P. Field
POWER Express	Sat	8:15 AM	8:45 AM	Mar 1	Apr 12	Apr 19	\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Mon	4:00 PM	5:00 PM	Feb 24	Apr 14		\$52.00	\$104.00	Aiden L/ Mike M.	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Feb 26	Apr 16		\$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
<b>2x/wk discount (50% off 2nd day)</b>										
Sprint-8®	Sat	9:30 AM	9:55 AM	Mar 1	Apr 12	Apr 19	\$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>										
Sprint-8 GX®	Mon	11:45 AM	12:30 PM	Feb 24	Apr 14		\$22.50	\$56.00	Aiden L.	Well Ctr
Sprint-8 GX®	Tue	6:00 PM	6:45 PM	Feb 25	Apr 15		\$22.50	\$56.00	Matt O.	Well Ctr
Sprint-8 GX®	Thu	5:30 PM	6:15 PM	Feb 27	Apr 17		\$22.50	\$56.00	Matt O.	Well Ctr

### BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Meditation-Beginner	Wed	9:30 AM	10:45 AM	Feb 26	Apr 16		\$34.00	\$68.00	Sara O.	Mtg Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Feb 26	Apr 16		\$34.00	\$68.00	Sara O.	Mtg Room
Pilates	Mon	9:15 AM	10:00 AM	Feb 24	Apr 14		\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Tue	5:15 PM	6:00 PM	Feb 25	Apr 15		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Feb 26	Apr 16		\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Wed	5:15 PM	6:00 PM	Feb 26	Apr 16		\$34.00	\$68.00	Kendi D.	Studio 3
Pilates	Fri	8:00 AM	8:45 AM	Feb 28	Apr 18		\$34.00	\$68.00	Tonya F.	Studio 2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Feb 27	Apr 17		\$34.00	\$68.00	Chris E.	Studio 1
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Feb 27	Apr 17	Apr 3	\$34.00	\$68.00	Nina H.	Rec Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Feb 24	Apr 14		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 26	Apr 16		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Feb 27	Apr 17		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Feb 24	Apr 14		\$34.00	\$68.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Feb 24	Apr 14		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Feb 25	Apr 15	Mar 4	\$34.00	\$68.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Feb 26	Apr 16	Mar 5	\$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	Feb 26	Apr 16		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Feb 24	Apr 14		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Feb 24	Apr 14		\$22.50	\$56.00	Jillian W.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Feb 25	Apr 15		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Tue	6:15 PM	6:45 PM	Feb 25	Apr 15		\$22.50	\$56.00	Melissa P.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Feb 27	Apr 17		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Feb 27	Apr 17		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Feb 28	Apr 18		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Feb 24	Apr 18		FREE	\$95.50	Ellen K./ Renee S./ Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 26	Apr 16		\$14.00	\$56.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Feb 24	Apr 14		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 25	Apr 15		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Feb 26	Apr 16		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Feb 27	Apr 17		FREE	\$39.50	Sarah G.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Feb 28	Apr 18		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Feb 24	Apr 14		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Feb 27	Apr 17		\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Feb 24	Apr 14	Mar 31	\$34.00	\$68.00	Tim S.	Gym Ctr

Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Feb 25	Apr 15	Mar 25 Apr 1	\$25.50	\$51.00	Tim S.	Gym Ctr
Sprint-8®	Sat	9:30 AM	9:55 AM	Mar 1	Apr 12	Apr 19	\$22.50	\$56.00	Markanique W.	Well Ctr
Sprint-8 GX®	Mon	11:45 AM	12:30 PM	Feb 24	Apr 14		\$22.50	\$56.00	Aiden L.	Well Ctr
Sprint-8 GX®	Tue	6:00 PM	6:45 PM	Feb 25	Apr 15		\$22.50	\$56.00	Matt O.	Well Ctr
Sprint-8 GX®	Thu	5:30 PM	6:15 PM	Feb 27	Apr 17		\$22.50	\$56.00	Matt O.	Well Ctr
Step	Mon	8:00 AM	9:00 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Feb 28	Apr 18		<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	Mar 4	Apr 15	Feb 25 Apr 8	\$10.50	\$42.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Feb 25	Apr 15		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Feb 27	Apr 17		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Feb 28	Apr 18		\$14.00	\$56.00	Heidi B.	Studio 2/3
55+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Feb 24	Apr 14		\$14.00	\$56.00	Dwight Z.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Feb 27	Apr 17		\$14.00	\$56.00	Mary Claire M.	Gym Ctr
55+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Feb 28	Apr 18		\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 26	Apr 16		\$14.00	\$56.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Feb 24	Apr 14		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Feb 26	Apr 16		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:45 PM	7:45 PM	Feb 24	Apr 14	Mar 31	\$34.00	\$56.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Feb 25	Apr 15	Mar 25 Apr 1	\$25.50	\$51.00	Tim S.	Gym Ctr
RIP	Wed	9:00 AM	10:00 AM	Feb 26	Apr 16		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Feb 26	Apr 16		\$14.00	\$56.00	Jen L.	Studio 2
55+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Abby T.	Gym C
55+ Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Heidi B.	Gym A/B
55+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Christine M.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Feb 28	Apr 18		<b>FREE</b>	\$39.50	Abby T.	Gym A/B
Starter Fit	Wed	10:00 AM	11:00 AM	Feb 26	Apr 16		\$34.00	\$68.00	Stacey B.	Well Ctr
TRX ® Band Small Group Training	Mon	9:15 AM	9:45 AM	Feb 24	Apr 14		\$65.00	--	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Feb 25	Apr 15		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Feb 27	Apr 17		\$34.00	\$68.00	Stacey B.	Well Ctr

**WATER FITNESS**

CLASS	DAY	START	END	START	MEMBER	COMM.	INST	LOC		
55+ Aqualite	Mon	8:45 AM	9:30 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Sarah G.	Comp Pool
55+ Aqualite	Tue	8:45 AM	9:30 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Wed	8:45 AM	9:30 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Stephanie K./ Dora L.	Comp Pool
55+ Aqualite	Thu	8:45 AM	9:30 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Fri	8:45 AM	9:30 AM	Feb 28	Apr 18		<b>FREE</b>	\$39.50	TBD	Comp Pool
55+ Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Feb 24	Apr 16		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 26	Apr 16		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Feb 25	Apr 15		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Feb 26	Apr 16		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Feb 27	Apr 17		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Feb 28	Apr 18		\$14.00	\$56.00	Margaret G.	Comp Pool
55+ Twinges	Mon	9:30 AM	10:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Thu	8:30 AM	9:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Fri	9:30 AM	10:15 AM	Feb 28	Apr 18		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Yoga-Aqua	Thu	9:30 AM	10:30 AM	Feb 27	Apr 17	Apr 3	\$34.00	\$68.00	Nina H.	Rec Pool
55+ Adult Swim Lessons	Tue	4:00 PM	4:45 PM	Feb 25	Apr 8		\$33.25	\$66.50	Arie H.	Rec Pool
55+ Adult Swim Lessons	Wed	10:15 AM	11:00 AM	Feb 26	Apr 9		\$33.25	\$66.50	Arie H.	Rec 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	Feb 24	Apr 16		\$14.00	\$28.00	Mary Claire/ Sarah G./ DCMC	Rec Pool
55+ 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
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
55+ Land Arthritis	Thu	10:30 AM	11:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
55+ LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	In Session			<b>FREE</b>	<b>FREE</b>	Abby T./ Megan S.	Studio 1
55+ STAYSTRONG	Tue	1:30 PM	2:15 PM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Abby T./ Megan S.	Wellness Ctr.
55+ 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
55+ 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
55+ Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Feb 26	Apr 16		\$14.00	\$28.00	Suzanne H.	Studio 2
55+ Moving For Better Balance	T/Th	9:15 AM	10:15 AM	In Session			\$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
55+ Twinges	Mon	9:30 AM	10:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Twinges	Thu	8:30 AM	9:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Megan S.	Rec Pool
55+ Twinges	Fri	9:30 AM	10:15 AM	Feb 28	Apr 18		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
55+ Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	In Session	Apr 1		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	8:30 AM	9:30 AM	Feb 20	May 8		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	10:00 AM	11:00 AM	In Session	Mar 27		\$100.00	\$125.00	Tess J.	Comm Rm
55+ Y's Weight Loss Program	Thur	11:45 AM	12:30 PM	In Session	Apr 3		\$100.00	\$125.00	Tess J.	Comm Rm
55+ 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
55+ 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
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	Monday 4/28 - Friday 5/2 4PM-8PM and Saturday 5/3 8AM-5PM You must attend all days. Please schedule a time to complete the prerequisite swim skills with Aquatics Director					\$325.00	Free Course and Y Membership when you join our Team	Heidi	Rec/Comp & Meeting Rm.
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	6/23 - Friday 6/27 12PM-6PM You must attend all days. Please schedule a time to complete the prerequisite swim skills with Aquatics Director					\$325.00	Free Course and Y Membership when you join our Team	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	Free if you currently work at the Y	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	Jun 21	Jun 21	\$150.00	Free if you currently work at the Y	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	Feb 28	Apr 18		\$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	Mar 2	Apr 13		\$66.50 for 7wk 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