



# ForeverWell

Spring 2025 • April 21-June 15

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				\$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
Land Arthritis	Tue	10:30 AM	11:15 AM				<b>FREE</b>	\$39.50	Christine M.	Virtual
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**

## 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	Apr 24	Jun 12		\$34.00	\$68.00	Kay	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Alissa S.	Studio C
<b>Sturgeon Bay Center</b>										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 21	Jun 9	May 26	\$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	Apr 21	Jun 9	May 26	\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Apr 23	Jun 11		\$14.00	\$56.00	Bonnie S.	Studio A
Silver Dance Fit	Fri	10:15 AM	11:15 AM	Apr 25	Jun 13		\$34.00	\$56.00	Leslie W	Studio C
Silver & Fit Experience	Tue	10:15 AM	11:00 AM	Apr 22	Jun 10		<b>FREE</b>	\$39.50	Bailey	Gym
Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Sue	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Apr 21	Jun 9	May 26	<b>FREE</b>	\$39.50	Andrea	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 24	Jun 12	May 29	<b>FREE</b>	\$39.50	Bailey	Gym
Silver Sneakers Stability	Fri	9:30 AM	10:15 AM	Apr 25	Jun 13		<b>FREE</b>	\$39.50	Kim D.	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Apr 21	Jun 9	May 26	\$12.00	\$49.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 24	Jun 12		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Apr 21	Jun 9	May 26	<b>FREE</b>	\$34.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Apr 23	Jun 11	May 28	<b>FREE</b>	\$34.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 21	Jun 9	May 26	<b>FREE</b>	\$34.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 22	Jun 10		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 23	Jun 11	May 28	<b>FREE</b>	\$34.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 24	Jun 12		<b>FREE</b>	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 25	Jun 13		<b>FREE</b>	\$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- All Levels	Fri	11:00 AM	1:00 PM	Every Friday			FREE	FREE		Studio A
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	Apr 30 & May 28			FREE	FREE		Studio A
Together Days	Thu	11:30 PM	1:00 PM	May 8			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	May 21			FREE	FREE		Social Lounge
<b>Sturgeon Bay Center</b>										
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.
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	
<b>Jackie and Steve Kane Center</b>											
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Apr 22	Jun 12		\$14.00	\$28.00	Amy J./DCMC	Gym	
Twinges	Thu	10:00 AM	10:30 AM	Apr 24	Jun 12		FREE	\$30.00	Bonnie	Pool	
<b>Sturgeon Bay Center</b>											
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	
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	May 14	May 14		\$10.00	\$10.00	Rebecca B.	Studio 3	
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	May 21	May 21		\$10.00	\$10.00	Rebecca B.	Studio 3	
Adult Beginner Spanish Class	Wed	6:00 PM	7:00 PM	Apr 23	Jun 11		\$60.00 (includes \$18.00 text book)	\$100.00 (includes \$18.00 text book)	Gabby M.	Community Room	
CPR-Basic (Hybrid-online/ in person)	Thu	5:00 PM	9:00 PM	Apr 10	Apr 10		\$100.00	\$125.00	Liz C.	Meeting Rm	
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	Monday 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>	Sat	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.	
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Apr 21	Jun 4	May 26 Jun 9 Jun 11	\$10.50	\$20.50	Mary Claire M. /Sarah G./ DCMC	Rec Pool	
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Apr 22	Jun 12		\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3	
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 22	Jun 10		FREE	\$39.50	Christine M.	Studio 2/3	
Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 24	Jun 12		FREE	\$39.50	Christine M.	Studio 2/3	
LIVESTRONG® at the YMCA	T/Th	5:00 PM	6:15 PM	Apr 8	Jun 26		FREE	FREE	Abby T./ Megan S.	Studio 1	
STAYSTRONG	Tue	1:30 PM	2:15 PM	Apr 22	Jun 10		FREE	\$39.50	Abby T./ Megan S.	Wellness Ctr.	
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 21	Jun 9	May 26	FREE	\$34.50	Christine M.	Comm Rm	
M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	DCMC	Studio 2/3	
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	RETURNING IN FALL 2025			\$75.00	\$95.00	Abby T.	Studio 2	

Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Apr 23	Jun 11	May 28	\$12.25	\$24.50	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	Apr 21	Jun 2	May 26 Jun 9	FREE	\$30.00	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Apr 22	Jun 3	Jun 10	FREE	\$34.50	Heidi B.	rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Apr 23	Jun 4	May 28 Jun 11	FREE	\$30.00	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Apr 24	Jun 5	Jun 12	FREE	\$34.50	Abby T.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Apr 25	Jun 6	Jun 13	FREE	\$34.50	Ann E.	Rec Pool
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	Tue	8:30 AM	9:30 AM	Apr 15	Jul 1		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	May 6	Jul 22		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Apr 22	Jun 10		\$17.50	\$35.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Apr 22	Jun 10		\$17.50	\$35.00	Tess J.	Comm Rm