



# SP25 GROUP FITNESS

SPRING 2025 • April 21 - June 15

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	
<b>55+</b> ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 24	Jun 12		\$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
<b>55+</b> Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 22	Jun 10		<b>FREE</b>	\$39.50	Christine M.	Virtual	
<b>55+</b> 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
<b>55+</b> Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Apr 15	Jul 1		\$100.00	\$125.00	Tess J.	Comm Rm
<b>55+</b> 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

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
<b>55+</b> 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
<b>55+</b> 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

## 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

**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.

	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Golf Focused Small Group Training	Thu	11:00 AM	11:45 AM	Apr 24	May 22		\$65.00	--	Aiden L.	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	Mon	6:15 PM	7:00 PM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Angie D.	Well Ctr
W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Stacey B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Apr 24	Jun 12		\$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.

Starter Fit	Wed	10:00 AM	11:00 AM	Apr 23	Jun 11		\$34.00	\$68.00	Stacey B.	Well Ctr
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### 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	5:45 PM	6:15 PM	Apr 21	Jun 9	May 26	\$45.50	\$91.00	Angie D./ Lucas S.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Apr 22	Jun 10		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Apr 22	Jun 10		\$52.00	\$104.00	Aiden L.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Apr 22	Jun 10		\$52.00	\$104.00	Joe B./ Aiden L.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Apr 23	Jun 11		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Apr 23	Jun 11		\$52.00	\$104.00	Eric B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Apr 24	Jun 12		\$52.00	\$104.00	Abby T.	S.P. Field
POWER Express	Thu	5:15 PM	5:45 PM	Apr 24	Jun 12		\$52.00	\$104.00	Angie D./ Lucas S.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Apr 25	Jun 13		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Sat	8:15 AM	8:45 AM	Apr 26	Jun 14		\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Mon	4:00 PM	5:00 PM	Apr 21	Jun 9	May 26	\$45.50	\$91.00	Aiden L/ Mike M.	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Apr 23	Jun 11		\$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	Apr 26	Jun 14		\$22.50	\$56.00	Markanique W.	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	Apr 23	Jun 11	Apr 30 May 28	\$25.50	\$51.00	Sara O.	Mtg Room



🧡	Meditation-Guided	Wed	8:30 AM	9:15 AM	Apr 23	Jun 11	May 28	\$34.00	\$68.00	Sara O.	Mtg Room
	Pilates	Mon	9:15 AM	10:00 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Heidi B.	Studio 2/3
	Pilates	Tue	5:15 PM	6:00 PM	Apr 22	Jun 10		\$34.00	\$68.00	Tonya F.	Studio 2/3
	Pilates	Wed	8:00 AM	8:45 AM	Apr 23	Jun 11	May 28	\$34.00	\$68.00	Heidi B.	Studio 2/3
	Pilates	Fri	8:00 AM	8:45 AM	Apr 25	Jun 13		\$34.00	\$68.00	Tonya F.	Studio 2/3
🧡	Tai Chi Movement	Thu	5:45 PM	6:45 PM	Apr 24	Jun 12		\$34.00	\$68.00	Chris E.	Studio 1
🧡	Yoga-Aqua	Thu	9:30 AM	10:30 AM	Apr 24	Jun 5	Jun 12	\$29.75	\$59.50	Nina H.	Rec Pool
	Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Dwight Z.	Studio 1
	Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 23	Jun 11	May 28	\$34.00	\$68.00	Suzanne H.	Studio 1
	Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Apr 24	Jun 12		\$34.00	\$68.00	Dwight Z.	Studio 1
🧡	Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Suzanne H.	Studio 1
	Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Prem L.	Studio 1
	Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Ashley A.	Studio 1
	Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Laurel B.	Studio 1
	Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Apr 23	Jun 11		\$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	Apr 23	Jun 11		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Apr 21	Jun 9	May 26	\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Apr 21	Jun 9	May 26	\$22.50	\$56.00	Jillian W.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Apr 22	Jun 10		\$22.50	\$56.00	Heidi B./ Abby T.	Studio 2
Cycle	Tue	6:15 PM	6:45 PM	Apr 22	Jun 10		\$22.50	\$56.00	Melissa P.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Apr 24	Jun 12		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Apr 24	Jun 12		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Apr 25	Jun 13		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Apr 21	Jun 13	May 26	FREE	\$95.50	Ellen K./ Renee S./ Jon S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 23	Jun 4	May 28 Jun 11	\$10.50	\$42.00	Mary Claire M./ Abby T.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Apr 21	Jun 9	May 26	FREE	\$39.50	Mary Claire M./ Sarah G.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 22	Jun 10		FREE	\$39.50	Sarah G./Staff	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Apr 23	Jun 11	May 28	FREE	\$39.50	Sarah G.	Gym A/B
<b>NEW</b> Beginner's Healthy Choice	Thu	9:00 AM	10:00 AM	Apr 24	Jun 12		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Apr 25	Jun 13		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Apr 21	Jun 9	May 26	\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Apr 24	Jun 12		\$14.00	\$56.00	Jen L.	Studio 2
Sprint-8@	Sat	9:30 AM	9:55 AM	Apr 26	Jun 14		\$22.50	\$56.00	Markanique W.	Well Ctr
Step	Mon	8:00 AM	9:00 AM	Apr 21	Jun 9	May 26	FREE	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Apr 25	Jun 13		FREE	\$39.50	Linda W.	Studio 1

**STRENGTH/CONDITIONING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Apr 22	Jun 10		\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Apr 22	Jun 10		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Apr 24	Jun 12		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Apr 25	Jun 13		\$14.00	\$56.00	Heidi B.	Studio 2/3
🧡 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
Golf Focused Small Group Training	Thu	11:00 AM	11:45 AM	Apr 24	May 22		\$65.00	--	Aiden L.	Well Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 23	Jun 4	May 28 Jun 11	\$10.50	\$42.00	Sarah G./ Abby T.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Apr 21	Jun 9	May 26	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Apr 23	Jun 11	May 28	\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Apr 23	Jun 11	May 28	\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Apr 23	Jun 11		\$14.00	\$56.00	Jen L.	Studio 2
🧡 Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Apr 21	Jun 9	May 26	FREE	\$34.50	Abby T.	Gym C
🧡 Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Apr 23	Jun 11	May 28	FREE	\$34.50	Abby T.	Gym C

55+	Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 21	Jun 9	May 26	FREE	\$39.50	Heidi B.	Gym A/B
55+	Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 22	Jun 10		FREE	\$39.50	Linda W.	Gym A/B
55+	Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 23	Jun 11	May 28	FREE	\$34.50	Linda W.	Gym A/B
55+	Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 24	Jun 12		FREE	\$39.50	Christine M.	Gym A/B
55+	Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 25	Jun 13		FREE	\$39.50	Abby T.	Gym A/B
	Starter Fit	Wed	10:00 AM	11:00 AM	Apr 23	Jun 11		\$34.00	\$68.00	Stacey B.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Mon	6:15 PM	7:00 PM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Angie D.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Tue	10:30 AM	11:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Stacey B.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Apr 24	Jun 12		\$34.00	\$68.00	Stacey B.	Well Ctr

**WATER FITNESS**

CLASS	DAY	START	END	START	START	END	MEMBER	COMM.	INST	LOC	
55+	Aqualite	Mon	8:45 AM	9:30 AM	Apr 21	Jun 2	May 26 Jun 9	FREE	\$29.50	Debbie B.	Comp Pool
55+	Aqualite	Tue	8:45 AM	9:30 AM	Apr 22	Jun 3	Jun 10	FREE	\$34.50	Mary Y.	Comp Pool
55+	Aqualite	Wed	8:45 AM	9:30 AM	Apr 23	Jun 4	May 28 Jun 11	FREE	\$29.50	Dora L.	Comp Pool
55+	Aqualite	Thu	8:45 AM	9:30 AM	Apr 24	Jun 5	Jun 12	FREE	\$34.50	Mary Y.	Comp Pool
55+	Aqualite	Fri	8:45 AM	9:30 AM	Apr 25	Jun 6	Jun 13	FREE	\$34.50	Mary Claire M.	Comp Pool
55+	Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Apr 21	Jun 4	May 26 May 28 Jun 9 Jun 11	\$10.50	\$20.50	Mary Claire/ Sarah G./ DCMC	Rec Pool
	H2O Boot Camp	Wed	8:00 AM	8:40 AM	Apr 23	Jun 4	May 28 Jun 11	\$10.50	\$42.00	Sarah G./ Abby T.	Comp Pool
	Over Your Head	Tue	7:45 AM	8:30 AM	Apr 22	Jun 3	Jun 10	\$12.25	\$49.00	Ann E./ Mary Claire M.	Comp Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Apr 23	Jun 4	Jun 11	\$12.25	\$49.00	Julie D.	Comp Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Apr 24	Jun 5	Jun 12	\$12.25	\$49.00	Sarah G.	Comp Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Apr 25	Jun 6	Jun 13	\$12.25	\$49.00	Margaret G.	Comp Pool
55+	Twinges	Mon	9:30 AM	10:15 AM	Apr 21	Jun 2	May 26 Jun 9	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Apr 22	Jun 3	Jun 10	FREE	\$34.50	Heidi B.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Apr 23	Jun 4	May 28 Jun 11	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Apr 24	Jun 5	Jun 11	FREE	\$34.50	Abby T.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Apr 25	Jun 6	Jun 12	FREE	\$34.50	Ann E.	Rec Pool
55+	Yoga-Aqua	Thu	9:30 AM	10:30 AM	Apr 24	Jun 5	Jun 12	\$29.75	\$59.50	Nina H.	Rec Pool
55+	Swim the coast of Door County Challenge	See flyer for more details			Apr 21	Aug 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	
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	
<b>NEW</b> 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+	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	Jun 21	Jun 21	\$150.00-Free if you currently work at the Y		Heidi	Rec/Comp & Meeting Rm.	

55+	Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Apr 21	Jun 4	May 26 May 28 Jun 9 Jun 11	\$10.50	\$20.50	Mary Claire/ Sarah G./ DCMC	Rec Pool
55+	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
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 22	Jun 10		FREE	\$39.50	Christine M.	Studio 2/3
55+	Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 24	Jun 12		FREE	\$39.50	Christine M.	Studio 2/3
55+	LIVESTRONG® at the YMCA	T/Th	5:00 PM	6:15 PM	Apr 8	Jun 26		FREE	FREE	Abby T./ Megan S.	Comm Rm
55+	STAYSTRONG	Tue	1:30 PM	2:15 PM	Apr 22	Jun 10		FREE	\$39.50	Abby T./ Megan S.	Wellness Ctr.
55+	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
55+	M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	DCMC	Studio 2/3
55+	Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Apr 23	Jun 10	May 28	\$12.25	\$24.50	Suzanne H.	Studio 2
55+	Moving For Better Balance	T/Th	9:15 AM	10:15 AM	RETURNING IN FALL 2025			\$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.			FREE	FREE	Abby T./ Sue P.	ADRC
55+	Twinges	Mon	9:30 AM	10:15 AM	Apr 21	Jun 2	May 26 Jun 9	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Apr 22	Jun 3	Jun 10	FREE	\$34.50	Megan S.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Apr 23	Jun 4	May 28 Jun 11	FREE	\$30.00	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Apr 24	Jun 5	Jun 12	FREE	\$34.50	Megan S.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Apr 25	Jun 6	Jun 13	FREE	\$34.50	Ann E.	Rec Pool
55+	Y's Weight Loss Program	Thu	8:30 AM	9:30 AM	Feb 20	May 8		\$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
55+	Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	May 6	Jul 22		\$100.00	\$125.00	Tess J.	Comm Rm
55+	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
55+	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

**ADULT RECREATION & SPORTS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey ***please note that the day will change to Thursdays starting May 22nd 5:30-6: 45pm***	Fri	5:30 PM	6:45 PM	Apr 25	Jun 5		\$41.50 for 7wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
Underwater Hockey ***please note that starting May 25th the time will switch to 10:45am-12:45pm***	Sun	12:00 PM	2:00 PM	Apr 27	Jun 1		\$57.00 for 6wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
Volleyball League	Mon	5:30 PM	8:30 PM					\$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			FREE	FREE		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open 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	2nd Wednesday of the month			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