



# ForeverWell

Summer 2025 • June 16 - August 29

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	Jun 19	Aug 28		\$19.00	\$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	Jun 17	Aug 26		<b>FREE</b>	\$54.00	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**

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Yoga - Chair	Tue	10:30 AM	11:30 AM	Jun 17	Aug 26		\$47.00	\$93.50	Mynn L.	Studio C
<b>Sturgeon Bay Center</b>										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall					Suzanne H.	Studio 1

## STRENGTH/CONDITIONING

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	Jun 16	Aug 25		\$19.50	\$77.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Jun 18	Aug 27		\$19.50	\$77.00	Bonnie S.	Studio A
Silver Dance Fit	Fri	10:15 AM	11:15 AM	Jun 20	Aug 29	Jul 4	\$19.50	\$77.00	Leslie W	Studio C
Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Jun 18	Aug 27		<b>FREE</b>	\$54.00	Sue	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 16	Aug 25		<b>FREE</b>	\$54.00	Andrea	Gym
Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Jun 17	Aug 26		<b>FREE</b>	\$54.00	Mynn L.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jun 19	Aug 28		<b>FREE</b>	\$54.00	Laura C.	Gym
Silver Sneakers Stability	Fri	9:30 AM	10:15 AM	Jun 20	Aug 29	Jul 4	<b>FREE</b>	\$54.00	Laura C.	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jun 16	Aug 25		\$19.00	\$77.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 19	Aug 28		\$19.00	\$77.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jun 20	Aug 29	Jul 4	\$17.00	\$77.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:15 AM	10:00 AM	Jun 16	Aug 25		<b>FREE</b>	\$54.00	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:15 AM	10:00 AM	Jun 18	Aug 27		<b>FREE</b>	\$54.00	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 16	Aug 25		<b>FREE</b>	\$54.00	Heidi B.	Gym C
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 17	Aug 26		<b>FREE</b>	\$54.00	Linda W.	Gym C
Silver Sneakers Classic	Wed	10:15 AM	11:00 AM	Jun 18	Aug 27		<b>FREE</b>	\$54.00	Linda W.	Gym C
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 19	Aug 28		<b>FREE</b>	\$54.00	Grace C.	Gym C
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 20	Aug 29	Jul 4	<b>FREE</b>	\$54.00	Abby T.	Gym C

**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- 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	See FW Newsletter			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	See FW Newsletter			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.
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	Jun 17	Aug 28		\$19.50	\$38.00	Laura C.	Gym
Twinges	Thu	10:00 AM	10:30 AM	Jun 19	Aug 28		Free	\$54.00	Bonnie	Pool
Sturgeon Bay Center										
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Returning in Fall					Rebecca B.	Studio 3
Adult Beginner Spanish Class	Wed	6:00 PM	7:00 PM	Returning in Fall					Gabby M.	Community Room
CPR-Basic (Hybrid-online/ in person)	Thu	5:00 PM	9:00 PM						Liz C.	Meeting Rm
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	Monday 7/21 - Friday 7/25 4:30PM-8:30PM and Saturday 7/26 8:00AM-4:00PM 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 H.	Rec/Comp & Meeting Rm.
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Jun 16	Aug 27		\$19.00	\$38.00	Mary Claire M. /Sarah G./ DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 17	Aug 28		\$19.00	\$38.00	Christine M./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 17	Aug 26		FREE	\$54.00	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 19	Aug 28		FREE	\$54.00	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	5:00 PM	6:15 PM	Returning in Fall					Abby T./ Megan S.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 17	Aug 26		FREE	\$54.00	Abby T./ Megan S.	Wellness Ctr.
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM						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					Abby T.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Returning in Fall					Suzanne H.	Studio 2
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	DCMC	Studio 2/ Gym C
Stepping On	Mon	1:00 PM	3:00 PM	Returning in Fall			FREE	FREE	Abby T./Sue P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jun 16	Aug 25		FREE	\$54.00	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 17	Aug 26		FREE	\$54.00	Megan S.	rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 18	Aug 27		FREE	\$54.00	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 19	Aug 28		FREE	\$54.00	Megan S.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 20	Aug 29	Jul 4	FREE	\$49.00	Ann E.	Rec Pool
Swim the Coast of Door County Challenge	See flyer for more details Registration ends June 30th			Apr 21	Aug 24		\$25.00	\$25.00	N/A	Comp Pool
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jun 3	Aug 19		\$100.00	\$125.00	Tess J.	Comm Rm

Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jul 22	Oct 7		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Jun 17	Aug 26		\$24.50	\$48.50	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jun 17	Aug 26		\$24.50	\$48.50	Tess J.	Comm Rm