



S25 GROUP FITNESS

Summer 2025 • June 16 - August 29

Sturgeon Bay Program Center • 920.743.4949
1900 Michigan St. Sturgeon Bay, WI 54235



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
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 19	Aug 28		\$19.00	\$77.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$54.00	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 17	Aug 26		FREE	\$54.00	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$54.00	Abby T.	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)	FREE	--	--	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
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

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
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

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)	FREE	--	--	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

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	6:00 PM	6:45 PM	Jun 16	Aug 4		\$34.00	\$68.00	Angie D.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Jun 19	Aug 7		\$34.00	\$68.00	Prisca F.	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	Jun 18	Aug 6		\$34.00	\$68.00	Patti Jo W.	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
2x/wk discount (50% off 2nd day)										
UNLIMITED PACKAGE (Unlimited classes)							\$115.00	N/A		S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Jun 16	Aug 25		\$65.00	\$130.00	Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Jun 17	Aug 26		\$65.00	\$130.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Jun 17	Aug 26		\$65.00	\$130.00	Abby T./ Sarah G.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Jun 17	Aug 26		\$65.00	\$130.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Jun 18	Aug 27		\$65.00	\$130.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Jun 18	Aug 27		\$65.00	\$130.00	Eric B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Jun 19	Aug 28		\$65.00	\$130.00	Abby T.	S.P. Field
POWER Express	Thu	5:15 PM	5:45 PM	Jun 19	Aug 28		\$65.00	\$130.00	April M./ Lucas S.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Jun 20	Aug 29	Jul 4	\$65.00	\$130.00	Angie D.	S.P. Field
POWER Express	Sat	8:15 AM	8:45 AM	Jun 21	Aug 30	Jul 5—Aug 30	\$59.00	\$118.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Mon	4:00 PM	5:00 PM	Will return in fall. Check out PEAK PERFORMANCE.					Mike M.	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Will return in fall. Check out PEAK PERFORMANCE.					Mike M.	S.P. Field

BODY, MIND & SPIRIT

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
🧘	Meditation-Guided	Wed	8:30 AM	9:15 AM	Jun 18	Aug 27		\$47.00	\$93.50	Sara O.	Mtg. Room
	Pilates	Mon	9:15 AM	10:00 AM	Jun 16	Aug 25	Jul 28	\$47.00	\$93.50	Heidi B.	Studio 2/3
	Pilates	Tue	5:15 PM	6:00 PM	Jun 17	Aug 26		\$47.00	\$93.50	Tonya F	Studio 2/3
	Pilates	Wed	8:00 AM	8:45 AM	Jun 18	Aug 27		\$47.00	\$93.50	Heidi B.	Studio 2/3
	Pilates	Fri	8:00 AM	8:45 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Tonya F.	Studio 2/3
🧘	Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 19	Aug 28		\$47.00	\$93.50	Chris E.	Studio 1
🧘	Yoga-Aqua	Thu	6:45 AM	7:45 AM	Jun 19	Aug 28		\$47.00	\$93.50	Nina H.	Rec Pool
NEW	Yoga-Ayurveda	Wed	4:45 PM	6:00 PM	Jun 18	Aug 27		\$47.00	\$93.50	Patti Jo W.	Studio 1
NEW	Yoga-Ayurveda	Fri	10:00 AM	11:15 AM	Jun 20	Aug 22	Jul 4—Aug 29	\$38.25	\$76.50	Patti Jo W.	Studio 1
	Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 16	Aug 25		\$47.00	\$93.50	Dwight Z.	Studio 1
	Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 18	Aug 27		\$47.00	\$93.50	Suzanne H.	Studio 1
	Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 19	Aug 28		\$47.00	\$93.50	Dwight Z.	Studio 1
NEW	Yoga-Sunrise Gentle	Fri	6:15 AM	7:15 AM	Jun 13	Jul 18	Jul 4	\$21.25	\$42.50	Nina H.	Kane Pav.
	Yoga-Swasthya	Tue	7:00 AM	8:15 AM	Jun 17	Aug 26		\$47.00	\$93.50	Prem L.	Studio 1
	Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Jun 17	Aug 26		\$47.00	\$93.50	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	Jun 18	Aug 27		\$19.00	\$77.00	Laurie T.	Studio 2/3
	Cycle	Mon	5:15 AM	5:50 AM	Jun 16	Aug 25		\$31.00	\$77.00	Laurie T.	Studio 2/3
	Cycle	Mon	6:05 PM	6:35 PM	Jun 16	Aug 25		\$31.00	\$77.00	Jillian W.	Studio 2
	Cycle	Tue	8:00 AM	9:00 AM	Jun 17	Aug 26		\$31.00	\$77.00	Abby T.	Studio 2
	Cycle	Tue	6:15 PM	6:45 PM	Jun 17	Aug 26		\$31.00	\$77.00	Melissa P.	Studio 2
	Cycle	Thu	8:00 AM	9:00 AM	Jun 19	Aug 28		\$31.00	\$77.00	Stephanie K.	Studio 2
	Cycle	Thu	6:00 PM	6:30 PM	Jun 19	Aug 28		\$31.00	\$77.00	Jen L.	Studio 2
	Cycle	Fri	5:15 AM	5:50 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Laurie T.	Studio 2/3
	Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 16	Aug 29	Jul 4	FREE	\$131.00	Ellen K./ Renee S./ Jon S.	Gym C
	Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 16	Aug 25		FREE	\$54.00	Sarah G.	Gym C
	Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 17	Aug 26		FREE	\$54.00	Sarah G./Staff	Gym C
	Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 18	Aug 27		FREE	\$54.00	Mary Claire M.	Gym C
NEW	Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Jun 19	Aug 28		FREE	\$54.00	Linda W.	Gym C
	Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Sarah G.	Gym C
	H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 16	Aug 25		\$19.00	\$77.00	Joe B.	Studio 1
	H.I.I.T.	Thu	5:15 PM	5:45 PM	Jun 19	Aug 28		\$19.00	\$77.00	Jen L.	Studio 2
NEW	Line Dancing	Tue	10:15 AM	11:00 AM	Jun 17	Aug 26	Jul 15	\$19.00	\$77.00	Grace C.	Gym C
	Step	Mon	8:00 AM	9:00 AM	Jun 16	Aug 25		FREE	\$54.00	Stephanie K.	Studio 2
	Step	Fri	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Linda W.	Studio 1

STRENGTH/CONDITIONING

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	Flex Power	Tue	5:15 AM	6:00 AM	Jun 17	Aug 26		\$19.00	\$77.00	Laurie T.	Studio 2/3
	Flex Power	Thu	5:15 AM	6:00 AM	Jun 19	Aug 28		\$19.00	\$77.00	Laurie T.	Studio 2/3
	Flex Power	Fri	9:15 AM	10:15 AM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Heidi B.	Studio 2/3
55+	ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jun 16	Aug 25		\$19.00	\$77.00	Dwight Z.	Gym Ctr
55+	ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 19	Aug 28		\$19.00	\$77.00	Mary Claire M.	Gym Ctr
55+	ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jun 20	Aug 29	Jul 4	\$17.50	\$77.00	Abby T.	Gym Ctr
	RIP	Wed	9:00 AM	10:00 AM	Jun 18	Aug 27		\$19.00	\$77.00	Sarah G.	Studio 2/3
	RIP	Wed	5:15 PM	6:15 PM	Jun 18	Aug 27		\$19.00	\$77.00	Jen L.	Studio 2
55+	Silver Sneakers BOOM MUSCLE	Mon	9:15 AM	10:00 AM	Jun 16	Aug 25		FREE	\$54.00	Abby T.	Gym C
55+	Silver Sneakers BOOM MUSCLE	Wed	9:15 AM	10:00 AM	Jun 18	Aug 27		FREE	\$54.00	Abby T.	Gym C
55+	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 16	Aug 25		FREE	\$54.00	Heidi B.	Gym C
55+	Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 17	Aug 26		FREE	\$54.00	Linda W.	Gym C
55+	Silver Sneakers Classic	Wed	10:15 AM	11:00 AM	Jun 18	Aug 27		FREE	\$54.00	Linda W.	Gym C
55+	Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 19	Aug 28		FREE	\$54.00	Grace C.	Gym C
55+	Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Abby T.	Gym C
	Starter Fit	Wed	10:00 AM	11:00 AM	Jun 18	Aug 27		\$34.00	\$68.00	Stacey B.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Mon	6:00 PM	6:45 PM	Jun 16	Aug 25		\$34.00	\$68.00	Angie D.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Jun 19	Aug 28		\$34.00	\$68.00	Stacey B.	Well Ctr

WATER FITNESS

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Aqualite	Mon	8:35 AM	9:20 AM	Jun 16	Aug 25		FREE	\$54.00	Debbie B.	Comp Pool
55+	Aqualite	Tue	8:35 AM	9:20 AM	Jun 17	Aug 26		FREE	\$54.00	Mary Y.	Comp Pool
55+	Aqualite	Wed	8:35 AM	9:20 AM	Jun 18	Aug 27		FREE	\$54.00	Dora L.	Comp Pool
55+	Aqualite	Thu	8:35 AM	9:20 AM	Jun 19	Aug 28		FREE	\$54.00	Mary Y.	Comp Pool
55+	Aqualite	Fri	8:35 AM	9:20 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Mary Claire M./ Makayla T.	Comp Pool
55+	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
	H2O Boot Camp	Wed	7:45 AM	8:30 AM	Jun 18	Aug 27		\$19.00	\$77.00	Sarah G./ Abby T.	Comp Pool
	Over Your Head	Tue	7:45 AM	8:30 AM	Jun 17	Aug 26		\$19.00	\$77.00	Ann E.	Comp Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Jun 18	Aug 27		\$19.00	\$77.00	Julie D.	Comp Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Jun 19	Aug 28		\$19.00	\$77.00	Sarah G.	Comp Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Margaret G.	Comp Pool
55+	Twinges	Mon	9:30 AM	10:15 AM	Jun 16	Aug 25		FREE	\$54.00	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Jun 17	Aug 26		FREE	\$54.00	Megan S.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Jun 18	Aug 27		FREE	\$54.00	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Jun 19	Aug 28		FREE	\$54.00	Megan S.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Ann E.	Rec Pool
55+	Yoga-Aqua	Thu	6:45 AM	7:45 AM	Jun 19	Aug 28		\$47.00	\$93.50	Nina H.	Rec Pool
55+	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

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	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.	Mtg. Room
55+ 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 & Mtg. Room
55+ 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
55+ 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
45+ Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 17	Aug 26		FREE	\$54.00	Christine M.	Studio 2/3
35+ Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 19	Aug 28		FREE	\$54.00	Christine M.	Studio 2/3
55+ LIVESTRONG® at the YMCA	T/Th	5:00 PM	6:15 PM	Returning in Fall! Register Now!					Abby T./ Megan S.	Studio 1
55+ STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 17	Aug 26		FREE	\$54.00	Abby T./ Megan S.	Wellness Ctr.
45+ LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM						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
45+ Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Returning in Fall			\$75.00	\$95.00	Abby T.	Studio 2
45+ Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Returning in Fall					Suzanne H.	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
45+ Stepping On	Mon	1:00 PM	3:00 PM	Returning in Fall			FREE	FREE	Abby T./Sue P.	ADRC
45+ Twinges	Mon	9:30 AM	10:15 AM	Jun 16	Aug 25		FREE	\$54.00	Ann E.	Rec Pool
45+ Twinges	Tue	8:30 AM	9:15 AM	Jun 17	Aug 26		FREE	\$54.00	Megan	Rec Pool
45+ Twinges	Wed	9:30 AM	10:15 AM	Jun 18	Aug 27		FREE	\$54.00	Ann E.	Rec Pool
45+ Twinges	Thu	8:30 AM	9:15 AM	Jun 19	Aug 28		FREE	\$54.00	Megan	Rec Pool
45+ Twinges	Fri	9:30 AM	10:15 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Ann E.	Rec Pool
45+ Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jun 3	Aug 19		\$100.00	\$125.00	Tess J.	Comm Rm
45+ Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jul 22	Oct 7		\$100.00	\$125.00	Tess J.	Comm Rm
45+ 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
45+ 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

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Thu	5:00 PM	6:45 PM	Jun 26	Aug 7	Jun 19 & Jul 24	\$49.87 for a 6 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee	Kendall B.	Comp Pool
Underwater Hockey	Sun	10:45 AM	12:45 PM	Jun 29	Aug 31	Jun 22	\$76.00 for a 10 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee	Kendall B.	Comp Pool

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		Mtg. Room
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month			FREE	FREE		Comm Rm