



ForeverWell

Fall 1 2025 • September 2 - October 26

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 Laura Cassidy (920) 868-3660.

Please note: Classes highlighted in yellow will begin their Fall 1 Session the week of September 15.

Save the date! Community Healthy Living Fair: Tuesday, October 21st from 8:30 AM- 12:00 PM. Flu clinic, skin screening, local vendors and more! Sponsored by: Door County Medical Center

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	Sep 4	Oct 23		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice		Previously recorded classes available! Register to receive					FREE	\$39.50	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 2	Oct 14	Oct 21	FREE	\$39.50	Christine M.	Virtual
Silver Sneakers Classic		Previously recorded classes available! Register to receive					FREE	\$39.50	Abby B.	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
Jackie and Steve Kane Center										
Yoga - Chair	Tue	10:30 AM	11:30 AM	Sep 2	Oct 21		\$34.00	\$68.00	Mynn L.	Studio C
Sturgeon Bay Center										
Yoga - Chair	Mon	10:15 AM	11:15 AM	Sep 8	Oct 20		\$34.00	\$68.00	Suzanne H.	Studio 1

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										
ForeverWell Strength	Mon	9:00 AM	10:00 AM	Sep 8	Oct 20		\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:00 AM	10:00 AM	Sep 3	Oct 22		\$14.00	\$56.00	Bonnie S.	Studio A
Silver Dance Fit	Wed	9:30 AM	10:30 AM	Sep 3	Oct 22		\$14.00	\$56.00	Leslie W.	Studio C
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Sep 8	Oct 20		FREE	\$39.50	Andrea S.	Gym
Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Sep 2	Oct 21		FREE	\$39.50	Mynn L.	Gym
Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Sep 3	Oct 22		FREE	\$39.50	Laura C.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sep 4	Oct 23		FREE	\$39.50	Laura C.	Gym
Silver Sneakers BOOM MUSCLE	Fri	9:30 AM	10:15 AM	Sep 5	Oct 24		FREE	\$39.50	Leslie W.	Gym
Sturgeon Bay Center										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Sep 8	Oct 20		\$14.00	\$56.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Sep 4	Oct 23		\$14.00	\$56.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Sep 5	Oct 24		\$14.00	\$56.00	Abby B.	Gym. Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Sep 15	Oct 20		FREE	\$29.50	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Sep 17	Oct 22		FREE	\$29.50	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Sep 15	Oct 20		FREE	\$29.50		Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sep 16	Oct 14	Oct 21	FREE	\$29.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sep 17	Oct 22		FREE	\$29.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sep 18	Oct 23		FREE	\$29.50	Abby B.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sep 19	Oct 24		FREE	\$29.50	Abby B.	Gym A/B

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	All Levels Every Friday			FREE	FREE		Studio A
Sheepshead	Tue	12:00 PM	3:00 PM	Evey Tuesday			FREE	FREE		Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Sep 24			FREE	FREE		Studio A
Together Days	Thu	12:00 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										
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.
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open Play Every Wednesday			FREE	FREE		Social Lounge
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st 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.
Page Turners Book Club	Thur	11:45 AM	1:00 PM	3rd Thursday of the month			FREE	FREE		Comm. Rm.
Mahjongg	Fri	10:30 AM	12:00 PM	Open Play Every Friday			FREE	FREE		Social Lounge

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	Sep 2	Oct 23		\$14.00	\$27.50	Laura C.	Gym
Twinges	Thu	10:00 AM	10:30 AM	Sep 4	Oct 23		FREE	\$39.50	Bonnie S.	Pool
Sturgeon Bay Center										
Art Explorations for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Sep 10	Sep 10		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Explorations for Adults with Disabilites	Wed	1:00 PM	2:00 PM	Sep 17	Sep 17		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Explorations for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Oct 8	Oct 8		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Oct 15	Oct 15		\$10.00	\$10.00	Becky B.	Studio 2/3
Adult Beginner Spanish Class	Tue	6:00 PM	6:45 PM	Sep 2	Oct 21		\$60.00	\$100.00	Gabby M.	Comm. Rm.
Adult Intermediate Spanish Class	Tue	7:00 PM	7:45 PM	Sep 2	Oct 21		\$60.00	\$100.00	Gabby M.	Comm. Rm.
CPR-Basic (Hybrid-online/ in person)	Thu	9:30 AM	1:30 PM	Aug 28	Aug 28		\$100.00	\$125.00	Liz C.	Mtg. Room
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+	Check back during Fall 2 Session for a lifeguard certification class					\$325.00-Free Course and Y Membership when you join our Team		Heidi H.	Rec./Comp. Pool & Meeting Rm.
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Sep 3	Oct 22		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec. Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sep 2	Oct 23	Oct 21	\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 2	Oct 14	Oct 21	FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Sep 4	Oct 23		FREE	\$39.50	Christine M.	Studio 2/3
LIVE STRONG ® at the YMCA	T/Th	1:00 PM	2:15 PM	Sep 9	Dec 2	Sep 2, Sep 4, Nov 27	FREE	FREE	Megan S./Matt O.	Studio 1
STAY STRONG	Tue	1:30 PM	2:15 PM	Sep 2	Oct 21		FREE	\$39.50	Abby B./Megan S./Matt O.	Well. Ctr.
M.IN.D.	Mon	Contact Abby B. for more information					FREE	FREE	DCMC	Studio 2/3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Returning in Fall 2			\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Sep 10	Oct 22	Sep 3	\$12.25	\$24.50	Suzanne H.	Studio 2
Rock Steady Boxing (Level 1/2)	M/W	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Abby B.	Studio 1
Parkinson's Exercise (Rock Steady Level 3/4)	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	DCMC	Studio 2/Gym C
Stepping On	Tue	1:00 PM	3:00 PM	Sep 2	Oct 14		FREE	FREE	Abby B./Sue P.	ADRC

Twinges	Mon	9:30 AM	10:15 AM	Sep 8	Oct 20		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Sep 2	Oct 21		FREE	\$39.50	Staff	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Sep 3	Oct 22		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Sep 4	Oct 23		FREE	\$39.50	Abby B.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 5	Oct 24		FREE	\$39.50	Ann E.	Rec. Pool
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Sep 9	Dec 2	Oct 21	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Wed	9:30 AM	10:30 AM	Sep 10	Nov 26		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Sep 2	Oct 14	Oct 21	\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Sep 2	Oct 14	Oct 21	\$24.50	\$48.50	Tess J.	Comm. Rm.