



F125 GROUP FITNESS

Fall 1 2025 • September 2 - October 26

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.

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**

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	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

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	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.

PERSONAL TRAINING (MEMBERS ONLY)

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

TRX Small Group Personal Training

Harness the power of your body and mind with a TRX Suspension class. A dynamic, full-body workout that blends strength, stability, and control. Using your own bodyweight and gravity, you'll engage muscles in a deeply connected way, building not only physical power but also heightened body awareness. Each movement challenges your balance and coordination, requiring focus, breath control, and presence—turning every movement into an opportunity to strengthen the mind-body connection. Limited space!

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
NEW TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Sep 11	Oct 23	Sept 4	\$65.00	--	Patti Jo W.	Well. Ctr.

Coming Fall 2! Pickleball Strength training - Small Group Training

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. Limited space!

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	Sep 8	Oct 20		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Sep 4	Oct 23		\$34.00	\$68.00	Prisca F.	Well. Ctr.

STARTER FIT (MEMBERS ONLY)

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. We will finish up class with flexibility stretches. 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	Sep 3	Oct 22		\$34.00	---	Patti Jo W. & Markanique W.	Well. Ctr.
-------------	-----	----------	----------	-------	--------	--	---------	-----	-----------------------------	------------

SPRINT 8 (FREE - ADDED VALUE MEMBERS ONLY)

Muscle mass naturally decreases and body fat increases as part of the aging process. You can slow down, stop, or even reverse that trend when you use the Sprint 8® 20-minute HIIT workout. When you train with Sprint 8 regularly, you will not only transform your body, but studies have shown the Sprint 8 program can lead to lower blood pressure, lower "bad" cholesterol, and lower body fat. Sprint 8 is not just for elite athletes and runners, it's for all! You can use a bike, treadmill, or elliptical to get a great, quick, and effective workout in!

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
NEW	Sprint 8	Mon	11:30 AM	12:00 PM	Sep 8	Oct 20		FREE	---	Markanique W.	Well. Ctr.
NEW	Sprint 8	Wed	6:00 PM	6:30 PM	Sep 3	Oct 22		FREE	---	Scott G.	Well. Ctr.
NEW	Sprint 8	Thu	12:15 PM	12:45 PM	Sep 4	Oct 23		FREE	---	Matt O.	Well. Ctr.

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)	M-S			Sep 2	Oct 25		\$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Sep 8	Oct 20		\$52.00	\$104.00	Lucas S./Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Sep 2	Oct 21		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Sep 2	Oct 21		\$52.00	\$104.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Sep 2	Oct 21		\$52.00	\$104.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Sep 3	Oct 22		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Sep 3	Oct 22		\$52.00	\$104.00	Eric B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Sep 4	Oct 23		\$52.00	\$104.00	Abby B.	S.P. Field
POWER Express	Thu	5:15 PM	5:45 PM	Sep 4	Oct 23		\$52.00	\$104.00	April M./Lucas S.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Sep 5	Oct 24		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Sat	8:15 AM	8:45 AM	Sep 6	Oct 25		\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Sep 3	Oct 22		\$52.00	\$104.00	Mike M.	S.P. Field

BODY, MIND & SPIRIT

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
95	Meditation-Beginner	Wed	9:30 AM	10:45 AM	Sep 3	Oct 22		\$34.00	\$68.00	Sara O.	Mtg. Room
95	Meditation-Guided	Wed	8:30 AM	9:15 AM	Sep 3	Oct 22		\$34.00	\$68.00	Sara O.	Mtg. Room
	Pilates	Mon	9:15 AM	10:00 AM	Sep 8	Oct 20		\$34.00	\$68.00	Heidi B.	Studio 2/3
	Pilates	Tue	5:15 PM	6:00 PM	Sep 2	Oct 21		\$34.00	\$68.00	Tonya F.	Studio 2
	Pilates	Wed	8:00 AM	8:45 AM	Sep 3	Oct 22		\$34.00	\$68.00	Heidi B.	Studio 2/3
	Pilates	Fri	8:00 AM	8:45 AM	Sep 5	Oct 24		\$34.00	\$68.00	Tonya F.	Studio 2/3
95	Tai Chi Movement	Thu	5:45 PM	6:45 PM	Oct 2	Oct 23		\$17.00	\$34.00	Chris E.	Studio 1
95	Yoga-Aqua	Thu	9:30 AM	10:30 AM	Sep 4	Oct 23		\$34.00	\$68.00	Nina H.	Rec. Pool
	Yoga-Ayurveda	Tue	5:30 PM	6:30 PM	Sep 9	Oct 21	Sep 2	\$34.00	\$68.00	Patti Jo W.	Studio 1
	Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Sep 8	Oct 20		\$34.00	\$68.00	Dwight Z.	Studio 1
	Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sep 3	Oct 22		\$34.00	\$68.00	Suzanne H.	Studio 1
	Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Sep 4	Oct 23		\$34.00	\$68.00	Dwight Z.	Studio 1
	Yoga-Chair	Mon	10:15 AM	11:15 AM	Sep 8	Oct 20		\$34.00	\$68.00	Suzanne H.	Studio 1
NEW	Yoga-Nidra Meditation	Tue	11:30 AM	12:30 PM	Sep 9	Oct 14	Sep 2 Oct 21	\$25.50	\$51.00	Patti Jo W.	Studio 1
	Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Sep 8	Oct 20		\$34.00	\$68.00	Prem L.	Studio 1
	Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Sep 8	Oct 20		\$34.00	\$68.00	Ashley A.	Studio 1
	Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Sep 2	Oct 14	Oct 21	\$34.00	\$68.00	Laurel B.	Studio 1
	Yoga-Vinyasa	Wed	5:15 PM	6:15 PM	Sep 3	Oct 22	Sep 17 Sep 24	\$25.50	\$51.00	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	Sep 3	Oct 22		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Sep 8	Oct 20		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:05 PM	6:35 PM	Sep 8	Oct 20		\$14.00	\$56.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Sep 2	Oct 14	Oct 21	\$14.00	\$56.00	Abby B.	Studio 2
Cycle	Tue	6:15 PM	6:45 PM	Sep 2	Oct 21		\$14.00	\$56.00	Melissa P.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Sep 4	Oct 23		\$14.00	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Sep 4	Oct 23		\$14.00	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Sep 5	Oct 24		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Sat	7:10 AM	7:45 AM	Sep 6	Oct 25		\$14.00	\$56.00	Laurie T./ Jillian W.	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Sep 8	Oct 20		\$14.00	\$56.00	Jane B.	Studio 2
Fit for Life	M/W/F	6:15 AM	7:00 AM	Sep 15	Oct 24		FREE	\$72.00	Ellen K./ April M./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Sep 15	Oct 20		FREE	\$29.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sep 16	Oct 14	Oct 21	FREE	\$29.50	Sarah G./Staff	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Sep 17	Oct 22		FREE	\$29.50	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Sep 18	Oct 23		FREE	\$29.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Sep 19	Oct 24		FREE	\$29.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Sep 8	Oct 20		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Sep 4	Oct 23		\$14.00	\$56.00	Jen L.	Studio 2
Sprint 8	Mon	11:30 AM	12:00 PM	Sep 8	Oct 20		FREE	--	Markanique W.	Well. Ctr.
Sprint 8	Wed	6:00 PM	6:30 PM	Sep 3	Oct 22		FREE	--	Scott G.	Well. Ctr.
Sprint 8	Thu	12:15 PM	12:45 PM	Sep 4	Oct 23		FREE	--	Matt O.	Well. Ctr.
Step	Mon	8:00 AM	9:00 AM	Sep 8	Oct 20		FREE	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Sep 5	Oct 24		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	Sep 2	Oct 14	Oct 21	\$14.00	\$56.00	Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:00 AM	10:00 AM	Sep 4	Oct 23		\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Sep 2	Oct 21		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Sep 4	Oct 23		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Sep 5	Oct 24		\$14.00	\$56.00	Heidi B.	Studio 2/3
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.
Kettlebell	Mon	9:15 AM	10:15 AM	Sep 15	Oct 20		\$17.00	\$42.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Sep 17	Oct 22		\$17.00	\$42.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Sep 3	Oct 22		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Sep 3	Oct 22		\$14.00	\$56.00	Jen L.	Studio 2
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	Heidi B.	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
Starter Fit	Wed	10:00 AM	11:00 AM	Sep 3	Oct 22		\$34.00	\$68.00	Patti Jo W./ Markanique W.	Well. Ctr.
TRX® Band Small Group Training	Thur	10:30 AM	11:00 AM	Sep 11	Oct 23	Sep 4	\$65.00	--	Patti Jo W.	Well. Ctr.
W.O.W. (Women on Weights) Level 1	Mon	6:15 PM	7:00 PM	Sep 8	Oct 20		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights) Level 1	Thu	9:30 AM	10:15 AM	Sep 4	Oct 23		\$34.00	\$68.00	Prisca F.	Well. Ctr.

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Sep 8	Oct 20		FREE	\$39.50	Debbie B.	Comp. Pool
Aqualite	Tue	8:45 AM	9:30 AM	Sep 2	Oct 21		FREE	\$39.50	Mary Y.	Comp. Pool
Aqualite	Wed	8:45 AM	9:30 AM	Sep 3	Oct 22		FREE	\$39.50	Dora L.	Comp. Pool
Aqualite	Thu	8:45 AM	9:30 AM	Sep 4	Oct 23		FREE	\$39.50	Mary Y.	Comp. Pool
Aqualite	Fri	8:45 AM	9:30 AM	Sep 5	Oct 24		FREE	\$39.50	Mary Claire M./ Makayla T.	Comp. Pool
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
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Sep 3	Oct 22		\$14.00	\$56.00	Sarah G./ Abby B.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Sep 2	Oct 21		\$14.00	\$56.00	Ann E.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Sep 3	Oct 22		\$14.00	\$56.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Sep 4	Oct 23		\$14.00	\$56.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Sep 5	Oct 24		\$14.00	\$56.00	Margaret G.	Comp. Pool
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	Megan S.	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	Megan S.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 5	Oct 24		FREE	\$39.50	Ann E.	Rec. Pool
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Sep 4	Oct 23		\$34.00	\$68.00	Nina H.	Rec. 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	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. & Mtg. Room	
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	2:30 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	\$14.00	\$28.00	Suzanne H.	Studio 2	
Rock Steady Boxing	M/W	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Abby B.	Studio 1	
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	DCMC	Studio 2	
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.	

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Sep 5	Oct 24		\$47.50 for a 8 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee	Kendall B.	Comp. Pool
Underwater Hockey	Sun	12:00 PM	2:00 PM	Sep 7	Oct 26		\$76.00 for a 8 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
Page Turners Book Club	Thur	11:45 AM	1:00 PM	3rd Thursday of the month			FREE	FREE		Comm. Rm.
Together Days	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.