



# ForeverWell

Fall 2 2025 • October 27 - December 21

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.**

## 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	Oct 30	Dec 18	Nov 27	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						<b>FREE</b>	\$39.50	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						<b>FREE</b>	\$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
<b>Jackie and Steve Kane Center</b>										
Yoga - Chair	Thu	10:30 AM	11:30 AM	Oct 30	Dec 18	Nov 27	\$34.00	\$68.00	Kim D.	Studio C
<b>Sturgeon Bay Center</b>										
Yoga - Chair	Mon	10:15 AM	11:15 AM	Oct 27	Dec 15		\$34.00	\$68.00	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	9:00 AM	10:00 AM	Oct 27	Dec 15		\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:00 AM	10:00 AM	Oct 29	Dec 17		\$14.00	\$56.00	Bonnie S.	Studio A
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Oct 27	Dec 15		<b>FREE</b>	\$39.50	Andrea	Gym
Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Laura C.	Gym
Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Laura C.	Gym
Silver & Fit Experience	Thu	9:30 AM	10:15 AM	Oct 30	Dec 18	Nov 27	<b>FREE</b>	\$39.50	Kim D.	Gym
Silver Sneakers Classic	Fri	9:45 AM	10:30 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	Laura C.	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 27	Dec 15		\$14.00	\$56.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Oct 30	Dec 18	Nov 27	\$14.00	\$56.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Abby B.	Gym. Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 27	Dec 15		<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 27	Dec 15		<b>FREE</b>	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 28	Dec 16		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Oct 29	Dec 17		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Oct 30	Dec 18	Nov 27	<b>FREE</b>	\$39.50	Abby B.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Oct 31	Dec 19	Nov 28	<b>FREE</b>	\$39.50	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	Oct 29 & Nov 26			FREE	FREE	--	Studio A
Together Days	Thu	12:00 PM	1:00 PM	See FW Newsletter			FREE	FREE	--	Studio A
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	--	Studio A
Sturgeon Bay Center										
Friendsgiving	Thu	11:00 AM	1:00 PM	Nov 20	Nov 20		FREE	FREE		
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	Thu	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	Oct 28	Dec 18	Nov 27	\$14.00	\$27.50	Laura C.	Gym
Twinges	Thu	10:00 AM	10:30 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Bonnie S.	Pool
Sturgeon Bay Center										
Art Explorations for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Nov 12	Nov 19		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Explorations for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Nov 19	Nov 19		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Explorations for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Dec 10	Dec 10		\$10.00	\$10.00	Becky B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Dec 17	Dec 17		\$10.00	\$10.00	Becky B.	Studio 2/3
CPR-Basic (Hybrid-online/ in person)	Thu	5:00 PM	9:00 PM	Oct 23	Oct 23		\$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	Oct 27	Dec 17		\$14.00	\$28.00	Mary Claire M. /Sarah G./ DCMC	Rec. Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Oct 28	Dec 18	Nov 27	\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 28	Dec 16		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	In Session		Nov 27	FREE	FREE	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Oct 28	Dec 16		FREE	\$39.50	Abby B./ Matt O.	Well. Ctr.
M.IN.D.	Mon			Contact Abby B. for more information			FREE	FREE	DCMC	Studio 2/3
Moving For Better Balance	M/W	10:15 AM	11:15 AM	Oct 27	Jan 19	Dec 24	\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Oct 29	Dec 17		\$12.25	\$24.50	Suzanne H.	Studio 1
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		Nov 27 Dec 25	\$45.00	\$75.00	DCMC	Studio 2/Gym C
Twinges	Mon	9:45 AM	10:30 AM	Oct 27	Dec 15		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Oct 28	Dec 16		FREE	\$39.50	Patti Jo W.	Rec. Pool
Twinges	Wed	9:45 AM	10:30 AM	Oct 29	Dec 17		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Ann E.	Rec. Pool

Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Oct 28	Jan 13		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Oct 28	Dec 16		\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Oct 28	Dec 16		\$24.50	\$48.50	Tess J.	Comm. Rm.
Swim Challenge - Swimopoly	9+	More details coming soon Registration ends Jan. 30th			Oct 20	Feb 22	\$25.00	\$25.00	N/A	Comp. Pool