



# F225 GROUP FITNESS

Fall 2 2025 • October 27 - December 21

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  | Oct 30 | Dec 18 | Nov 27   | \$14.00 | \$56.00 | Mary Claire M.              | Virtual |
| Healthy Choice          | Previously recorded classes available! Register to receive |          |          |        |        |          | FREE    | \$39.50 | Sarah G./<br>Mary Claire M. | Virtual |
| Land Arthritis          | Tue                                                        | 10:30 AM | 11:15 AM | Oct 28 | Dec 16 |          | 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 | 10:00 AM | 11:00 AM | Oct 28 | Jan 13 |          | \$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  | 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. |

## 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 BAND SMALL GROUP TRAINING (MEMBERS ONLY)

Learn the foundational moves in this low impact, full-body workout that blends safety, 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        |
|-----------------------------------------------------|-----|----------|----------|--------|--------|----------|---------|-------|-------------|------------|
| TRX® Band Small Group Training (Level 1)            | Thu | 10:30 AM | 11:00 AM | Oct 30 | Dec 18 | Nov 27   | \$65.00 | --    | Patti Jo W. | Well. Ctr. |
| <b>NEW</b> TRX® Band Small Group Training (Level 1) | Wed | 11:30 AM | 12:00 PM | Oct 29 | Dec 17 |          | \$65.00 | --    | Patti Jo W. | Well. Ctr. |

## PICKLEBALL STRENGTH AND AGILITY SMALL GROUP TRAINING (MEMBERS ONLY)

Move quicker. Hit harder. Play longer. This class builds the strength, agility, and balance you need to elevate your pickleball game and prevent injuries — all in a fun small-group (multi-level) setting. Limited space!

|            | CLASS                                              | DAY | START    | END      | START  | END    | NO CLASS | MEMBER  | COMM. | INST    | LOC        |
|------------|----------------------------------------------------|-----|----------|----------|--------|--------|----------|---------|-------|---------|------------|
| <b>NEW</b> | Pickleball Strength & Agility Small Group Training | Mon | 10:45 AM | 11:30 AM | Oct 27 | Dec 15 |          | \$65.00 | --    | Matt O. | Well. Ctr. |

## 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        |
|------------|-----------------------------------|-----|---------|----------|--------|--------|----------|---------|---------|-----------|------------|
| <b>NEW</b> | W.O.W. (Women on Weights) Level 1 | Mon | 6:15 PM | 7:00 PM  | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Angie D.  | Well. Ctr. |
|            | W.O.W. (Women on Weights) Level 1 | Wed | 9:30 AM | 10:15 AM | Oct 29 | Dec 17 |          | \$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.

|  | CLASS       | DAY | START    | END      | START  | END    | NO CLASS | MEMBER  | COMM. | INST                       | LOC        |
|--|-------------|-----|----------|----------|--------|--------|----------|---------|-------|----------------------------|------------|
|  | Starter Fit | Wed | 10:00 AM | 11:00 AM | Oct 29 | Dec 17 |          | \$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        |
|------------|----------|-----|----------|----------|--------|--------|----------|-------------|-------|---------------|------------|
| <b>NEW</b> | Sprint 8 | Mon | 11:30 AM | 12:00 PM | Oct 27 | Dec 15 |          | <b>FREE</b> | ---   | Markanique W. | Well. Ctr. |
| <b>NEW</b> | Sprint 8 | Mon | 5:15 PM  | 5:45 PM  | Oct 27 | Dec 15 |          | <b>FREE</b> | ---   | Scott G.      | Well. Ctr. |
|            | Sprint 8 | Wed | 5:15 PM  | 5:45 PM  | Oct 29 | Dec 17 |          | <b>FREE</b> | ---   | Scott G.      | Well. Ctr. |
|            | Sprint 8 | Thu | 12:15 PM | 12:45 PM | Oct 30 | Dec 18 | Nov 27   | <b>FREE</b> | ---   | 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        |
|-----------------------------------------|----------------------------------------------|-----|---------|----------|--------|--------|----------------------------|----------|----------|--------------------|------------|
| <b>2x/wk discount (50% off 2nd day)</b> |                                              |     |         |          |        |        |                            |          |          |                    |            |
| <b>NEW</b>                              | <b>UNLIMITED PACKAGE (Unlimited classes)</b> | M-S |         |          | Oct 27 | Dec 20 | Nov 27<br>Nov 28<br>Nov 29 | \$115.00 | N/A      | STAFF              | S.P. Field |
|                                         | POWER Express                                | Mon | 5:30 PM | 6:00 PM  | Oct 27 | Dec 15 |                            | \$52.00  | \$104.00 | Lucas S./ Angie D. | S.P. Field |
|                                         | POWER                                        | Tue | 5:30 AM | 6:30 AM  | Oct 28 | Dec 16 |                            | \$52.00  | \$104.00 | Sarah G.           | S.P. Field |
|                                         | POWER                                        | Tue | 9:15 AM | 10:15 AM | Oct 28 | Dec 16 |                            | \$52.00  | \$104.00 | Lizzy A.           | S.P. Field |
|                                         | POWER                                        | Tue | 5:15 PM | 6:15 PM  | Oct 28 | Dec 16 |                            | \$52.00  | \$104.00 | Joe B.             | S.P. Field |
|                                         | POWER Express                                | Wed | 5:30 AM | 6:00 AM  | Oct 29 | Dec 17 |                            | \$52.00  | \$104.00 | Angie D.           | S.P. Field |
|                                         | POWER                                        | Wed | 5:15 PM | 6:15 PM  | Oct 29 | Dec 17 |                            | \$52.00  | \$104.00 | Eric B.            | S.P. Field |
|                                         | POWER                                        | Thu | 5:30 AM | 6:30 AM  | Oct 30 | Dec 18 | Nov 27                     | \$52.00  | \$104.00 | Abby B.            | S.P. Field |
| <b>NEW</b>                              | POWER                                        | Thu | 5:15 PM | 6:15 PM  | Oct 30 | Dec 18 | Nov 27                     | \$52.00  | \$104.00 | Abby B./ Lucas S.  | S.P. Field |
|                                         | POWER Express                                | Fri | 5:30 AM | 6:00 AM  | Oct 31 | Dec 19 | Nov 28                     | \$52.00  | \$104.00 | Angie D.           | S.P. Field |
| <b>NEW</b>                              | POWER Express                                | Sat | 8:00 AM | 8:30 AM  | Nov 1  | Dec 20 | Nov 29                     | \$52.00  | \$104.00 | STAFF              | S.P. Field |
| <b>NEW</b>                              | Sports Performance Training (Ages 12-17)     | Mon | 4:00 PM | 5:00 PM  | Oct 27 | Dec 15 |                            | \$52.00  | \$104.00 | Mike M./ Scott G.  | S.P. Field |
|                                         | Sports Performance Training (Ages 12-17)     | Wed | 4:00 PM | 5:00 PM  | Oct 29 | Dec 17 |                            | \$52.00  | \$104.00 | Mike M.            | S.P. Field |

## SPORT SPECIFIC YOUTH TRAINING

Looking to get an edge on your competitors? Join Lucas Solum, MS, R-ATC for this 5 week sport specific workshop held every other week during the Fall 2 session. Athletic performance training specific for adolescent population. All skill levels welcome to join in the group setting to improve your game. Designed to improve your foundation of movement, speed/agility, core/stability and techniques of injury prevention.

|            | CLASS                                      | DAY | START   | END      | START  | END    | NO CLASS                            | MEMBER  | COMM.   | INST     | LOC   |
|------------|--------------------------------------------|-----|---------|----------|--------|--------|-------------------------------------|---------|---------|----------|-------|
| <b>NEW</b> | Sport Specific Youth Training (Ages 11-14) | Sat | 9:00 AM | 10:00 AM | Oct 25 | Dec 20 | Nov 1<br>Nov 15<br>Nov 29<br>Dec 13 | \$32.50 | \$65.00 | Lucas S. | Gym C |

|            |                                            |     |          |          |        |        |                                     |         |         |          |       |
|------------|--------------------------------------------|-----|----------|----------|--------|--------|-------------------------------------|---------|---------|----------|-------|
| <b>NEW</b> | Sport Specific Youth Training (Ages 15-17) | Sat | 10:00 AM | 11:00 AM | Oct 25 | Dec 20 | Nov 1<br>Nov 15<br>Nov 29<br>Dec 13 | \$32.50 | \$65.00 | Lucas S. | Gym C |
|------------|--------------------------------------------|-----|----------|----------|--------|--------|-------------------------------------|---------|---------|----------|-------|

## BODY, MIND & SPIRIT

|            | CLASS                 | DAY  | START    | END      | START  | END    | NO CLASS | MEMBER  | COMM.   | INST        | LOC        |
|------------|-----------------------|------|----------|----------|--------|--------|----------|---------|---------|-------------|------------|
|            | Meditation-Beginner   | Wed  | 9:30 AM  | 10:45 AM | Oct 29 | Dec 17 |          | \$34.00 | \$68.00 | Sara O.     | Mtg. Room  |
|            | Meditation-Guided     | Wed  | 8:30 AM  | 9:15 AM  | Oct 29 | Dec 17 |          | \$34.00 | \$68.00 | Sara O.     | Mtg. Room  |
| <b>NEW</b> | Pilates               | Mon  | 9:15 AM  | 10:00 AM | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Heidi B.    | Studio 2/3 |
|            | Pilates               | Mon  | 6:00 PM  | 6:45 PM  | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Kendi D.    | Studio 3   |
|            | Pilates               | Tue  | 5:15 PM  | 6:00 PM  | Oct 28 | Dec 16 |          | \$34.00 | \$68.00 | Tonya F.    | Studio 2   |
|            | Pilates               | Wed  | 8:00 AM  | 8:45 AM  | Oct 29 | Dec 17 |          | \$34.00 | \$68.00 | Heidi B.    | Studio 2/3 |
|            | Pilates               | Fri  | 8:00 AM  | 8:45 AM  | Oct 31 | Dec 19 | Nov 28   | \$34.00 | \$68.00 | Tonya F.    | Studio 2/3 |
|            | Tai Chi Movement      | Thu  | 5:45 PM  | 6:45 PM  | Oct 30 | Dec 18 | Nov 27   | \$34.00 | \$68.00 | Chris E.    | Studio 1   |
|            | Yoga-Aqua             | Thu  | 9:30 AM  | 10:30 AM | Oct 30 | Dec 18 | Nov 27   | \$34.00 | \$68.00 | Nina H.     | Rec. Pool  |
|            | Yoga-Ayurveda         | Tue  | 5:30 PM  | 6:30 PM  | Oct 28 | Dec 16 | Nov 11   | \$34.00 | \$68.00 | Patti Jo W. | Studio 1   |
|            | Yoga-Beg/Int.         | Mon  | 8:45 AM  | 10:00 AM | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Dwight Z.   | Studio 1   |
|            | Yoga-Beg/Int.         | Wed  | 9:00 AM  | 10:15 AM | Oct 29 | Dec 17 |          | \$34.00 | \$68.00 | Suzanne H.  | Studio 1   |
|            | Yoga-Beg/Int.         | Thur | 9:00 AM  | 10:15 AM | Oct 30 | Dec 18 | Nov 27   | \$34.00 | \$68.00 | Dwight Z.   | Studio 1   |
|            | Yoga-Chair            | Mon  | 10:15 AM | 11:15 AM | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Suzanne H.  | Studio 1   |
| <b>NEW</b> | Yoga-Nidra Meditation | Tue  | 11:30 AM | 12:30 PM | Oct 28 | Dec 16 | Nov 11   | \$25.50 | \$51.00 | Patti Jo W. | Studio 1   |
|            | Yoga-Swasthya         | Mon  | 4:00 PM  | 5:15 PM  | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Prem L.     | Studio 1   |
|            | Yoga-Vinyasa          | Mon  | 6:45 PM  | 7:45 PM  | Oct 27 | Dec 15 |          | \$34.00 | \$68.00 | Ashley A.   | Studio 1   |
|            | Yoga-Vinyasa          | Tue  | 9:15 AM  | 10:15 AM | Oct 28 | Dec 16 |          | \$34.00 | \$68.00 | Laurel B.   | Studio 1   |
|            | Yoga-Vinyasa          | Wed  | 5:15 PM  | 6:15 PM  | Oct 29 | Dec 17 |          | \$34.00 | \$68.00 | 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  | Oct 29 | Dec 17 |          | \$14.00 | \$56.00 | Laurie T.                    | Studio 2/3 |
|            | Cycle                   | Mon   | 5:15 AM  | 5:50 AM  | Oct 27 | Dec 15 |          | \$22.50 | \$56.00 | Laurie T.                    | Studio 2/3 |
| <b>NEW</b> | Cycle                   | Mon   | 6:10 PM  | 6:40 PM  | Oct 27 | Dec 15 |          | \$22.50 | \$56.00 | Joe B.                       | Studio 2   |
|            | Cycle                   | Tue   | 9:00 AM  | 10:00 AM | Oct 28 | Dec 16 |          | \$22.50 | \$56.00 | Jacob M.                     | Studio 2   |
|            | Cycle                   | Tue   | 6:15 PM  | 6:45 PM  | Oct 28 | Dec 16 |          | \$22.50 | \$56.00 | Melissa P.                   | Studio 2   |
|            | Cycle                   | Thu   | 8:00 AM  | 9:00 AM  | Oct 30 | Dec 18 | Nov 27   | \$22.50 | \$56.00 | Stephanie K.                 | Studio 2   |
|            | Cycle                   | Thu   | 6:00 PM  | 6:30 PM  | Oct 30 | Dec 18 | Nov 27   | \$22.50 | \$56.00 | Jen L.                       | Studio 2   |
|            | Cycle                   | Fri   | 5:15 AM  | 5:50 AM  | Oct 31 | Dec 19 | Nov 28   | \$22.50 | \$56.00 | Laurie T.                    | Studio 2/3 |
|            | Dance Fit               | Mon   | 5:00 PM  | 5:45 PM  | Oct 27 | Dec 15 |          | \$14.00 | \$56.00 | Jane B.                      | Studio 2/3 |
|            | Fit for Life            | M/W/F | 6:15 AM  | 7:00 AM  | Oct 27 | Dec 19 | Nov 28   | FREE    | \$72.00 | Ellen K./<br>April M./Jon S. | Gym A/B    |
|            | Healthy Choice          | Mon   | 8:00 AM  | 9:00 AM  | Oct 27 | Dec 15 |          | FREE    | \$29.50 | Mary Claire M.               | Gym A/B    |
|            | Healthy Choice          | Tue   | 9:00 AM  | 10:00 AM | Oct 28 | Dec 16 |          | FREE    | \$29.50 | Sarah G./Staff               | Gym A/B    |
|            | Healthy Choice          | Wed   | 8:00 AM  | 9:00 AM  | Oct 29 | Dec 17 |          | FREE    | \$29.50 | Mary Claire M.               | Gym A/B    |
|            | Healthy Choice-Beginner | Thu   | 9:00 AM  | 10:00 AM | Oct 30 | Dec 18 | Nov 27   | FREE    | \$29.50 | Linda W.                     | Gym A/B    |
|            | Healthy Choice          | Fri   | 8:00 AM  | 9:00 AM  | Oct 31 | Dec 19 | Nov 28   | FREE    | \$29.50 | Sarah G.                     | Gym A/B    |
|            | H.I.I.T.                | Mon   | 5:30 PM  | 6:00 PM  | Oct 27 | Dec 15 |          | \$14.00 | \$56.00 | Joe B.                       | Studio 1   |
|            | H.I.I.T.                | Thu   | 5:15 PM  | 5:45 PM  | Oct 30 | Dec 18 | Nov 27   | \$14.00 | \$56.00 | Jen L.                       | Studio 2   |
| <b>NEW</b> | Sprint 8                | Mon   | 11:30 AM | 12:00 PM | Oct 27 | Dec 15 |          | FREE    | ---     | Markanique W.                | Well. Ctr. |
| <b>NEW</b> | Sprint 8                | Mon   | 5:15 PM  | 5:45 PM  | Oct 27 | Dec 15 |          | FREE    | ---     | Scott G.                     | Well. Ctr. |
| <b>NEW</b> | Sprint 8                | Wed   | 5:15 PM  | 5:45 PM  | Oct 29 | Dec 17 |          | FREE    | ---     | Scott G.                     | Well. Ctr. |
|            | Sprint 8                | Thu   | 12:15 PM | 12:45 PM | Oct 30 | Dec 18 | Nov 27   | FREE    | ---     | Matt O.                      | Well. Ctr. |
|            | Step                    | Mon   | 8:00 AM  | 9:00 AM  | Oct 27 | Dec 15 |          | FREE    | \$39.50 | Stephanie K.                 | Studio 2   |
|            | Step                    | Fri   | 8:00 AM  | 9:00 AM  | Oct 31 | Dec 19 | Nov 28   | 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 | Oct 28 | Dec 16 |          | \$14.00 | \$56.00 | Micaela I.     | Studio 3   |
|  | Essentrics Extra Strength   | Thu | 9:15 AM | 10:15 AM | Oct 30 | Dec 18 | Nov 27   | \$14.00 | \$56.00 | Micaela I.     | Studio 2/3 |
|  | Flex Power                  | Tue | 5:15 AM | 6:00 AM  | Oct 28 | Dec 16 |          | \$14.00 | \$56.00 | Laurie T.      | Studio 2/3 |
|  | Flex Power                  | Thu | 5:15 AM | 6:00 AM  | Oct 30 | Dec 18 | Nov 27   | \$14.00 | \$56.00 | Laurie T.      | Studio 2/3 |
|  | Flex Power                  | Fri | 9:15 AM | 10:15 AM | Oct 31 | Dec 19 | Nov 28   | \$14.00 | \$56.00 | Heidi B.       | Studio 2/3 |
|  | 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.  |
|  | Kettlebell                  | Mon | 9:15 AM | 10:15 AM | Oct 27 | Dec 15 |          | \$17.00 | \$42.00 | Mike M.        | Gym A/B    |
|  | Kettlebell                  | Wed | 9:15 AM | 10:15 AM | Oct 29 | Dec 17 |          | \$17.00 | \$42.00 | Mike M.        | Gym A/B    |
|  | RIP                         | Wed | 9:00 AM | 10:00 AM | Oct 29 | Dec 17 |          | \$14.00 | \$56.00 | Sarah G.       | Studio 2/3 |
|  | RIP                         | Wed | 5:15 PM | 6:15 PM  | Oct 29 | Dec 17 |          | \$14.00 | \$56.00 | Jen L.         | Studio 2   |
|  | Silver Sneakers BOOM MUSCLE | Mon | 9:00 AM | 9:45 AM  | Oct 27 | Dec 15 |          | FREE    | \$29.50 | Abby B.        | Gym C      |

|                                                                                  |                                                    |      |          |          |        |        |        |             |         |                            |            |
|----------------------------------------------------------------------------------|----------------------------------------------------|------|----------|----------|--------|--------|--------|-------------|---------|----------------------------|------------|
|  | Silver Sneakers BOOM MUSCLE                        | Wed  | 9:00 AM  | 9:45 AM  | Oct 29 | Dec 17 |        | <b>FREE</b> | \$29.50 | Abby B.                    | Gym C      |
|  | Silver Sneakers Classic                            | Mon  | 10:30 AM | 11:15 AM | Oct 27 | Dec 15 |        | <b>FREE</b> | \$29.50 | Heidi B.                   | Gym A/B    |
|  | Silver Sneakers Classic                            | Tue  | 8:00 AM  | 8:45 AM  | Oct 28 | Dec 16 |        | <b>FREE</b> | \$29.50 | Linda W.                   | Gym A/B    |
|  | Silver Sneakers Classic                            | Wed  | 10:30 AM | 11:15 AM | Oct 29 | Dec 17 |        | <b>FREE</b> | \$29.50 | Linda W.                   | Gym A/B    |
|  | Silver Sneakers Classic                            | Thu  | 8:00 AM  | 8:45 AM  | Oct 30 | Dec 18 | Nov 27 | <b>FREE</b> | \$29.50 | Abby B.                    | Gym A/B    |
|  | Silver Sneakers Classic                            | Fri  | 9:15 AM  | 10:00 AM | Oct 31 | Dec 19 | Nov 28 | <b>FREE</b> | \$29.50 | Abby B.                    | Gym A/B    |
|                                                                                  | Starter Fit                                        | Wed  | 10:00 AM | 11:00 AM | Oct 29 | Dec 17 |        | \$34.00     | \$68.00 | Patti Jo W./ Markanique W. | Well. Ctr. |
| <b>NEW</b>                                                                       | Pickleball Strength & Agility Small Group Training | Mon  | 10:45 AM | 11:30 AM | Oct 27 | Dec 15 |        | \$65.00     | --      | Matt O.                    | Well. Ctr. |
|                                                                                  | TRX® Band Small Group Training-Level 1             | Thur | 10:30 AM | 11:00 AM | Oct 30 | Dec 18 | Nov 27 | \$65.00     | --      | Patti Jo W.                | Well. Ctr. |
| <b>NEW</b>                                                                       | TRX® Band Small Group Training-Level 1             | Wed  | 11:30 AM | 12:00 PM | Oct 29 | Dec 17 |        | \$65.00     | --      | Patti Jo W.                | Well. Ctr. |
|                                                                                  | W.O.W. (Women on Weights)-Level 1                  | Mon  | 6:15 PM  | 7:00 PM  | Oct 27 | Dec 15 |        | \$34.00     | \$68.00 | Angie D.                   | Well. Ctr. |
|                                                                                  | W.O.W. (Women on Weights)-Level 1                  | Wed  | 9:30 AM  | 10:15 AM | Oct 29 | Dec 17 |        | \$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  | Oct 27 | Dec 15 |          | <b>FREE</b> | \$39.50 | Debbie B.                      | Comp. Pool |
|    | Aqualite                   | Tue | 8:45 AM                                              | 9:30 AM  | Oct 28 | Dec 16 |          | <b>FREE</b> | \$39.50 | Mary Y.                        | Comp. Pool |
|    | Aqualite                   | Wed | 8:45 AM                                              | 9:30 AM  | Oct 29 | Dec 17 |          | <b>FREE</b> | \$39.50 | Dora L.                        | Comp. Pool |
|    | Aqualite                   | Thu | 8:45 AM                                              | 9:30 AM  | Oct 30 | Dec 18 | Nov 27   | <b>FREE</b> | \$39.50 | Mary Y.                        | Comp. Pool |
|    | Aqualite                   | Fri | 8:45 AM                                              | 9:30 AM  | Oct 31 | Dec 19 | Nov 28   | <b>FREE</b> | \$39.50 | Makayla T.                     | Comp. Pool |
|    | 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  |
|                                                                                    | H2O Boot Camp              | Wed | 7:45 AM                                              | 8:30 AM  | Oct 29 | Dec 17 |          | \$14.00     | \$56.00 | Sarah G.                       | Comp. Pool |
|                                                                                    | Over Your Head             | Tue | 7:45 AM                                              | 8:30 AM  | Oct 28 | Dec 16 |          | \$14.00     | \$56.00 | Ann E./ Mary Claire M.         | Comp. Pool |
|                                                                                    | Over Your Head             | Wed | 5:30 AM                                              | 6:15 AM  | Oct 29 | Dec 17 |          | \$14.00     | \$56.00 | Julie D.                       | Comp. Pool |
|                                                                                    | Over Your Head             | Thu | 7:45 AM                                              | 8:30 AM  | Oct 30 | Dec 18 | Nov 27   | \$14.00     | \$56.00 | Sarah G.                       | Comp. Pool |
|                                                                                    | Over Your Head             | Fri | 5:30 AM                                              | 6:15 AM  | Oct 31 | Dec 19 | Nov 28   | \$14.00     | \$56.00 | Margaret G.                    | Comp. Pool |
|    | Twinges                    | Mon | 9:30 AM                                              | 10:15 AM | Oct 27 | Dec 15 |          | <b>FREE</b> | \$39.50 | Ann E.                         | Rec. Pool  |
|    | Twinges                    | Tue | 8:30 AM                                              | 9:15 AM  | Oct 28 | Dec 16 | Nov 11   | <b>FREE</b> | \$39.50 | Patti Jo W.                    | Rec. Pool  |
|   | Twinges                    | Wed | 9:30 AM                                              | 10:15 AM | Oct 29 | Dec 17 |          | <b>FREE</b> | \$39.50 | Ann E.                         | Rec. Pool  |
|  | Twinges                    | Thu | 8:30 AM                                              | 9:15 AM  | Oct 30 | Dec 18 | Nov 27   | <b>FREE</b> | \$39.50 | Nina H.                        | Rec. Pool  |
|  | Twinges                    | Fri | 9:30 AM                                              | 10:15 AM | Oct 31 | Dec 19 | Nov 28   | <b>FREE</b> | \$39.50 | Ann E.                         | Rec. Pool  |
|  | Yoga-Aqua                  | Thu | 9:30 AM                                              | 10:30 AM | Oct 30 | Dec 18 | Nov 27   | \$34.00     | \$68.00 | Nina H.                        | Rec. Pool  |
|                                                                                    | Adult Group Swim Lessons   | Tue | 3:45 PM                                              | 4:20 PM  | Oct 28 | Dec 9  |          | \$33.25     | \$66.50 | Arie                           | Rec. Pool  |
|                                                                                    | Adult Group Swim Lessons   | Thu | 5:15 PM                                              | 5:50 PM  | Oct 30 | Dec 18 | Nov 27   | \$33.25     | \$66.50 | Sandy                          | Rec. Pool  |
|                                                                                    | Adult Group Swim Lessons   | Thu | 6:00 PM                                              | 6:35 PM  | Oct 30 | Dec 18 | Nov 27   | \$33.25     | \$66.50 | Liz H                          | Rec. Pool  |
|  | Swim Challenge - Swimopoly | 9+  | More details coming soon Registration ends Jan. 30th |          |        | Oct 20 | Feb 22   | \$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               |
|                                                                                    | 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              |
|                                                                                    | CPR PRO (Hybrid-online/in person)                                        | Tue  | 9:30 AM                                                                                                                                                                                                              | 2:30 PM  | Oct 20            | Oct 20 |               | \$100.00                                                     | \$125.00    | Liz C.                         | Mtg. Room              |
|  | Lifeguard Certification Training - <i>MUST attend all class sessions</i> | 15+  | Monday, November 17 and Friday, November 21 5-9pm and Saturday, November 22 9am-5pm<br>Please set up a time with the Aquatics Director to complete the prerequisite swimming skills prior to the first day of class. |          |                   |        |               | \$325.00-Free Course and Y Membership when you join our Team |             | Heidi H.                       | Rec./Comp. & Mtg. Room |
|                                                                                    | Lifeguard Recertification -MUST have a current LG certification          | 15+  | Saturday November 15 - in person skills 9am-2pm<br>Online portion will be sent to your email 2 weeks prior to the in person skills. Please make sure your email is correct in our system.                            |          |                   |        |               | \$150.00-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 | 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 |               | <b>FREE</b>                                                  | \$39.50     | Christine M.                   | Studio 2/3             |
|  | Land Arthritis                                                           | Thu  | 10:30 AM                                                                                                                                                                                                             | 11:15 AM | Oct 30            | Dec 18 | Nov 27        | <b>FREE</b>                                                  | \$39.50     | Christine M.                   | Studio 2/3             |
|  | LIVESTRONG® at the YMCA                                                  | T/Th | 1:00 PM                                                                                                                                                                                                              | 2:30 PM  | In Session        |        | Nov 27 Dec 25 | <b>FREE</b>                                                  | <b>FREE</b> | Abby B./ Matt O.               | Studio 1               |

|     |                                  |      |                                       |          |         |        |                  |             |             |                     |            |
|-----|----------------------------------|------|---------------------------------------|----------|---------|--------|------------------|-------------|-------------|---------------------|------------|
| 55+ | STAYSTRONG                       | Tue  | 1:30 PM                               | 2:15 PM  | Oct 28  | Dec 16 |                  | <b>FREE</b> | \$39.50     | Abby B./<br>Matt O. | Well. Ctr. |
| 55+ | M.IN.D.                          | Mon  | Contact Abby B. for more information. |          |         |        |                  | <b>FREE</b> | <b>FREE</b> | DCMC                | Studio 2/3 |
| 55+ | 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   |
| 55+ | Moving For Better Balance Alumni | Wed  | 10:30 AM                              | 11:00 AM | Oct 29  | Dec 17 |                  | \$14.00     | \$28.00     | Suzanne H.          | Studio 1   |
| 55+ | Rock Steady Boxing               | M/W  | 1:15 PM                               | 2:15 PM  | Monthly |        |                  | \$45.00     | \$75.00     | Abby B.             | Studio 1   |
| 55+ | Parkinson's Exercise             | T/Th | 1:15 PM                               | 2:15 PM  | Monthly |        | Nov 27<br>Dec 25 | \$45.00     | \$75.00     | DCMC                | Studio 2   |
| 55+ | Twinges                          | Mon  | 9:30 AM                               | 10:15 AM | Oct 27  | Dec 15 |                  | <b>FREE</b> | \$39.50     | Ann E.              | Rec. Pool  |
| 55+ | Twinges                          | Tue  | 8:30 AM                               | 9:15 AM  | Oct 28  | Dec 16 |                  | <b>FREE</b> | \$39.50     | Patti Jo W.         | Rec. Pool  |
| 55+ | Twinges                          | Wed  | 9:30 AM                               | 10:15 AM | Oct 29  | Dec 17 |                  | <b>FREE</b> | \$39.50     | Ann E.              | Rec. Pool  |
| 55+ | Twinges                          | Thu  | 8:30 AM                               | 9:15 AM  | Oct 30  | Dec 18 | Nov 27           | <b>FREE</b> | \$39.50     | Nina H.             | Rec. Pool  |
| 55+ | Twinges                          | Fri  | 9:30 AM                               | 10:15 AM | Oct 31  | Dec 19 | Nov 28           | <b>FREE</b> | \$39.50     | Ann E.              | Rec. Pool  |
| 55+ | Y's Weight Loss Program          | Tue  | 10:00 AM                              | 11:00 AM | Oct 28  | Jan 13 |                  | \$100.00    | \$125.00    | Tess J.             | Comm. Rm.  |
| 55+ | 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.  |
| 55+ | 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.  |

## ADULT RECREATION & SPORTS

| CLASS                                                                          | DAY | START    | END     | START  | END    | NO CLASS | MEMBER                                                 | COMM.                                | INST       | LOC        |
|--------------------------------------------------------------------------------|-----|----------|---------|--------|--------|----------|--------------------------------------------------------|--------------------------------------|------------|------------|
| Underwater Hockey -<br>Starting on 11/14 the time will change to<br>5pm-6:45pm | Fri | 5:30 PM  | 6:45 PM | Oct 31 | Dec 19 |          | \$47.50 for<br>a 8 week<br>session; \$7<br>drop in fee | Daily<br>Fee +<br>\$7 drop<br>in fee | Kendall B. | Comp. Pool |
| Underwater Hockey                                                              | Sun | 12:00 PM | 2:00 PM | Nov 2  | Dec 21 |          | \$76.00 for<br>a 8 week<br>session; \$7<br>drop in fee | Daily<br>Fee +<br>\$7 drop<br>in fee | Kendall B. | Comp. Pool |
| Volleyball League                                                              | Mon | 5:30 PM  | 8:30 PM | Nov 10 | Mar 16 |          | \$325 per team                                         |                                      | Staff      | Gym A/B    |

## SOCIAL ENGAGEMENT

| CLASS                   | DAY | START    | END      | START                         | END    | NO CLASS | MEMBER      | COMM.       | INST | LOC           |
|-------------------------|-----|----------|----------|-------------------------------|--------|----------|-------------|-------------|------|---------------|
| Friendsgiving           | Thu | 11:00 AM | 1:00 PM  | Nov 20                        | Nov 20 |          | <b>FREE</b> | <b>FREE</b> |      |               |
| Mahjongg                | Fri | 10:30 AM | 12:00 PM | Open Play Every<br>Friday     |        |          | <b>FREE</b> | <b>FREE</b> |      | Social Lounge |
| Cribbage/Card Play      | Wed | 1:00 PM  | 3:00 PM  | Open Play Every<br>Wednesday  |        |          | <b>FREE</b> | <b>FREE</b> |      | Social Lounge |
| Page Turners Book Club  | Thu | 11:45 AM | 1:00 PM  | 3rd Thursday of the<br>month  |        |          | <b>FREE</b> | <b>FREE</b> |      | Comm. Rm.     |
| Together Days           | Tue | 11:30 AM | 12:30 PM | See FW Newsletter             |        |          | <b>FREE</b> | <b>FREE</b> |      | Comm. Rm.     |
| Wisdom Wednesday        | Wed | 11:30 AM | 12:30 PM | 2nd Wednesday of<br>the month |        |          | <b>FREE</b> | <b>FREE</b> |      | Comm. Rm.     |
| WomenHeart              | Thu | 9:00 AM  | 10:30 AM | 3rd Thursday of the<br>month  |        |          | <b>FREE</b> | <b>FREE</b> |      | Mtg. Room     |
| Tech Talks with Quantum | Wed | 11:00 AM | 12:00 PM | 1st Wednesday of<br>the month |        |          | <b>FREE</b> | <b>FREE</b> |      | Comm. Rm.     |