



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./ 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.
TRX® Band Small Group Training (Level 1)	Wed	11:30 AM	12:00 PM	Oct 29	Dec 17		\$65.00	--	Patti Jo W. / Scott G.	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
NEW	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
NEW	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
NEW	Sprint 8	Mon	11:30 AM	12:00 PM	Oct 27	Dec 15		FREE	---	Markanique W.	Well. Ctr.
NEW	Sprint 8	Mon	5:15 PM	5:45 PM	Oct 27	Dec 15		FREE	---	Scott G.	Well. Ctr.
	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.

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			Oct 27	Dec 20	Nov 27 Nov 28 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
NEW	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
NEW	POWER Express	Sat	8:00 AM	8:30 AM	Nov 1	Dec 20	Nov 29	\$52.00	\$104.00	STAFF	S.P. Field
NEW	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
NEW	Sport-Specific-Youth-Training (Ages 11-14)	Sat	9:00 AM	10:00 AM	Oct-25	Dec-20	Nov-1— Nov-15— Nov-29— Dec-13	\$32.50	\$65.00	Lucas S.	Gym-C

NEW	Sport-Specific Youth Training (Ages 15-17)	Sat	10:00 AM	11:00 AM	Oct 25	Dec 20	Nov 1 — Nov 15 — Nov 29 — Dec 13	\$32.50	\$65.00	Lucas S.	Gym C
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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
NEW	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
NEW	Yoga-Nidra Meditation	Tue	11:30 AM	12:30 PM	Oct 28	Dec 16	Nov 11	\$34.00	\$68.00	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
	Cycle	Mon	6:10 PM	6:40 PM	Oct 27	Dec 15		\$22.50	\$56.00	Joe B.	Studio 2
	Cycle	Tue	8:00 AM	8:40 AM	Oct 28	Dec 16		\$22.50	\$56.00	Sarah G./ Abby B.	Studio 2
NEW	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	Nov 10	\$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./ 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
NEW	Sprint 8	Mon	11:30 AM	12:00 PM	Oct 27	Dec 15		FREE	---	Markanique W.	Well. Ctr.
NEW	Sprint 8	Mon	5:15 PM	5:45 PM	Oct 27	Dec 15		FREE	---	Scott G.	Well. Ctr.
NEW	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
55+	Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 27	Dec 15		FREE	\$29.50	Abby B.	Gym C
55+	Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Oct 29	Dec 17		FREE	\$29.50	Abby B.	Gym C
55+	Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 27	Dec 15		FREE	\$29.50	Heidi B.	Gym A/B
55+	Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 28	Dec 16		FREE	\$29.50	Linda W.	Gym A/B
55+	Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Oct 29	Dec 17		FREE	\$29.50	Linda W.	Gym A/B
55+	Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Oct 30	Dec 18	Nov 27	FREE	\$29.50	Abby B.	Gym A/B
55+	Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Oct 31	Dec 19	Nov 28	FREE	\$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.
NEW	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.
NEW	TRX® Band Small Group Training-Level 1	Wed	11:30 AM	12:00 PM	Oct 29	Dec 17		\$65.00	--	Patti Jo W. / Scott G	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		NO CLASS	MEMBER	COMM.	INST	LOC
50+	Aqualite	Mon	8:45 AM	9:30 AM	Oct 27	Dec 15		FREE	\$39.50	Debbie B.	Comp. Pool
50+	Aqualite	Tue	8:45 AM	9:30 AM	Oct 28	Dec 16		FREE	\$39.50	Mary Y.	Comp. Pool
50+	Aqualite	Wed	8:45 AM	9:30 AM	Oct 29	Dec 17		FREE	\$39.50	Dora L.	Comp. Pool
50+	Aqualite	Thu	8:45 AM	9:30 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Mary Y.	Comp. Pool
50+	Aqualite	Fri	8:45 AM	9:30 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Makayla T.	Comp. Pool
55+	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
50+	Twinges	Mon	9:30 AM	10:15 AM	Oct 27	Dec 15		FREE	\$39.50	Ann E.	Rec. Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Oct 28	Dec 16	Nov 11	FREE	\$39.50	Patti Jo W.	Rec. Pool
50+	Twinges	Wed	9:30 AM	10:15 AM	Oct 29	Dec 17		FREE	\$39.50	Ann E.	Rec. Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Nina H.	Rec. Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Ann E.	Rec. Pool
50+	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
55+	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
55+	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 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 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
55+	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
55+	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
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 28	Dec 16		FREE	\$39.50	Christine M.	Studio 2/3
55+	Land Arthritis	Thu	10:30 AM	11:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Christine M.	Studio 2/3

55+	LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	In Session		Nov 27 Dec 25	FREE	FREE	Abby B./ Matt O.	Studio 1
55+	STAYSTRONG	Tue	1:30 PM	2:15 PM	Oct 28	Dec 16		FREE	\$39.50	Abby B./ Matt O.	Well. Ctr.
18+	M.IN.D.	Mon	Contact Abby B. for more information.					FREE	FREE	DCMC	Studio 2/3
18+	Moving For Better Balance	M/W	10:15 AM	11:15 AM	Nov 3	Jan 21	Dec 24	\$75.00	\$95.00	Abby B.	Studio 2
18+	Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Oct 29	Dec 17		\$14.00	\$28.00	Suzanne H.	Studio 1
18+	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 Dec 25	\$45.00	\$75.00	DCMC	Studio 2
18+	Twinges	Mon	9:30 AM	10:15 AM	Oct 27	Dec 15		FREE	\$39.50	Ann E.	Rec. Pool
18+	Twinges	Tue	8:30 AM	9:15 AM	Oct 28	Dec 16		FREE	\$39.50	Patti Jo W.	Rec. Pool
18+	Twinges	Wed	9:30 AM	10:15 AM	Oct 29	Dec 17		FREE	\$39.50	Ann E.	Rec. Pool
18+	Twinges	Thu	8:30 AM	9:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Nina H.	Rec. Pool
18+	Twinges	Fri	9:30 AM	10:15 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Ann E.	Rec. Pool
18+	Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Oct 28	Jan 13		\$100.00	\$125.00	Tess J.	Comm. Rm.
18+	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.
18+	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 - Starting on 11/14 the time will change to 5pm-6:45pm	Fri	5:30 PM	6:45 PM	Oct 31	Dec 19		\$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	Nov 2	Dec 21		\$76.00 for a 8 week session; \$7 drop in fee	Daily Fee + \$7 drop 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		FREE	FREE		
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	Thu	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.