



W126 GROUP FITNESS

Winter 12026 • January 5-February 22

Sturgeon Bay Program Center • 920.743.4949
1900 Michigan St. Sturgeon Bay, WI 54235

55+ 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 physician's 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	Jan 8	Feb 19		\$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.
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 6	Feb 17		FREE	\$39.50	Christine M.	Virtual
Silver Sneakers Classic				Previously recorded classes available! Register to receive				FREE	\$39.50	Abby B.

*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	Jan 6	Mar 24		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Jan 6	Feb 17		\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jan 6	Feb 17		\$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

SMALL GROUP TRAINING (MEMBERS ONLY)

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
TRX® Bands	Wed	10:30 AM	11:00 AM	Jan 7	Feb 18		\$65.00	--	Scott G.	Well. Ctr.
TRX® Bands	Thu	10:30 AM	11:00 AM	Jan 8	Feb 19		\$65.00	--	Patti Jo W.	Well. Ctr.
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Jan 5	Feb 16		\$65.00	--	Matt O.	Well. Ctr.
Pickleball Strength & Agility	Sat	10:00 AM	10:50 AM	Jan 10	Feb 21		\$65.00	--	Matt O.	Well. Ctr.

WELLNESS CENTER PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Sprint 8	Mon	11:30 AM	12:00 PM	Jan 5	Feb 16		FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Mon	5:15 PM	5:45 PM	Jan 5	Feb 16		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Wed	5:15 PM	5:45 PM	Jan 7	Feb 18		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Thu	12:00 PM	12:30 PM	Jan 8	Feb 19		FREE	---	Matt O.	Well. Ctr.
Starter Fit	Wed	9:15 AM	10:15 AM	Jan 7	Feb 18		\$34.00	---	Scott G. / Patti Jo W.	Well. Ctr.

W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jan 5	Feb 16		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Tue	6:15 PM	7:00 PM	Jan 6	Feb 17		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Prisca F.	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			Jan 5	Feb 21		\$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Jan 5	Feb 16		\$52.00	\$104.00	Lucas S./ Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Jan 6	Feb 17		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Jan 6	Feb 17		\$52.00	\$104.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Jan 6	Feb 17		\$52.00	\$104.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Jan 7	Feb 18		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Jan 7	Feb 18		\$52.00	\$104.00	Lucas S./ Abby B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Jan 8	Feb 19		\$52.00	\$104.00	Abby B.	S.P. Field
POWER	Thu	5:15 PM	6:15 PM	Jan 8	Feb 19	Jan 29	\$52.00	\$104.00	Abby B.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Jan 9	Feb 20		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Jan 10	Feb 21		\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Mon	4:00 PM	5:00 PM	Jan 5	Feb 16		\$52.00	\$104.00	Mike M./ Scott G.	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Jan 7	Feb 18		\$52.00	\$104.00	Mike M.	S.P. Field

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Meditation-Beginner	Wed	9:30 AM	10:45 AM	Jan 7	Feb 18		\$34.00	\$68.00	Sara O.	Mtg. Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Sara O.	Mtg. Room
Pilates	Mon	9:15 AM	10:00 AM	Jan 5	Feb 16		\$34.00	\$68.00	Deb M./Heidi B.	Studio 2/3
Pilates	Mon	6:00 PM	6:45 PM	Jan 5	Feb 16		\$34.00	\$68.00	Kendi D.	Studio 3
Pilates	Tue	5:15 PM	6:00 PM	Jan 6	Feb 17		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Jan 7	Feb 18		\$34.00	\$68.00	Deb M./Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Jan 9	Feb 20		\$34.00	\$68.00	Tonya F.	Studio 2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jan 8	Feb 19	Jan 29	\$34.00	\$68.00	Chris E.	Studio 1
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Jan 8	Feb 19		\$34.00	\$68.00	Nina H.	Rec. Pool
Yoga-Ayurveda	Tue	5:30 PM	6:45 PM	Jan 6	Feb 17		\$34.00	\$68.00	Patti Jo W.	Studio 1
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jan 5	Feb 16		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jan 8	Feb 19		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 5	Feb 16		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Nidra Meditation	Tue	11:00 AM	12:00 PM	Jan 6	Feb 17		\$34.00	\$68.00	Patti Jo W.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Jan 5	Feb 16		\$34.00	\$68.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Jan 5	Feb 16		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Jan 6	Feb 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	Jan 7	Feb 18		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Jan 5	Feb 16		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:10 PM	6:40 PM	Jan 5	Feb 16		\$22.50	\$56.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	8:40 AM	Jan 6	Feb 17		\$22.50	\$56.00	Sarah G.	Studio 2
Cycle	Tue	9:00 AM	10:00 AM	Jan 6	Feb 17		\$22.50	\$56.00	Jacob M.	Studio 2
Cycle	Tue	6:15 PM	6:45 PM	Jan 6	Feb 17		\$22.50	\$56.00	Melissa P.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jan 8	Feb 19		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Jan 8	Feb 19	Jan 29	\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Jan 9	Feb 20		\$22.50	\$56.00	Laurie T.	Studio 2/3
Dance Fit				Returning in Spring						
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jan 5	Feb 20		FREE	\$95.50	Ellen K./ April M./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Jan 5	Feb 16		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 6	Feb 17		FREE	\$39.50	Amy A.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Jan 7	Feb 18		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Jan 8	Feb 19		FREE	\$39.50	Linda W.	Gym A/B

Healthy Choice	Fri	8:00 AM	9:00 AM	Jan 9	Feb 20		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jan 5	Feb 16		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jan 8	Feb 19	Jan 29	\$14.00	\$56.00	Jen L.	Studio 2
Sprint 8	Mon	11:30 AM	12:00 PM	Jan 5	Feb 16		FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Mon	5:15 PM	5:45 PM	Jan 5	Feb 16		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Wed	5:15 PM	5:45 PM	Jan 7	Feb 18		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Thu	12:00 PM	12:30 PM	Jan 8	Feb 19		FREE	---	Matt O.	Well. Ctr.
Step	Mon	8:00 AM	9:00 AM	Jan 5	Feb 16		FREE	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Jan 9	Feb 20		FREE	\$39.50	Linda W.	Studio 1

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	NO CLASS	MEMBER	COMM.	INST	LOC	
Essentrics	Tue	9:00 AM	10:00 AM	Jan 6	Feb 17		\$14.00	\$56.00	Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Jan 8	Feb 19		\$14.00	\$56.00	Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Jan 6	Feb 17		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jan 8	Feb 19		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Jan 9	Feb 20		\$14.00	\$56.00	Heidi B./ Sarah G.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jan 5	Feb 16		\$14.00	\$56.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 8	Feb 19		\$14.00	\$56.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jan 9	Feb 20		\$14.00	\$56.00	Abby B.	Gym. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Jan 5	Feb 16		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Jan 7	Feb 18		\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Jan 7	Feb 18		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jan 7	Feb 18		\$14.00	\$56.00	Jen L.	Studio 2
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jan 5	Feb 16		FREE	\$39.50	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jan 7	Feb 18		FREE	\$39.50	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jan 5	Feb 16		FREE	\$39.50	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jan 6	Feb 17		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jan 7	Feb 18		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jan 8	Feb 19		FREE	\$39.50	Abby B./ Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 9	Feb 20		FREE	\$39.50	Abby B.	Gym A/B
Starter Fit	Wed	9:15 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Scott G. / Patti Jo W.	Well. Ctr.
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Jan 5	Feb 16		\$65.00	--	Matt O.	Well. Ctr.
Pickleball Strength & Agility	Sat	10:00 AM	10:50 AM	Jan 10	Feb 21		\$65.00	--	Matt O.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Jan 7	Feb 18		\$65.00	--	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Thur	10:30 AM	11:00 AM	Jan 8	Feb 19		\$65.00	--	Patti Jo W.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jan 5	Feb 16		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Tue	6:15 PM	7:00 PM	Jan 6	Feb 17		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Prisca F.	Well. Ctr.

WATER FITNESS

CLASS	DAY	START	END	START	NO CLASS	MEMBER	COMM.	INST	LOC	
Aqualite	Mon	8:45 AM	9:30 AM	Jan 5	Feb 16		FREE	\$39.50	Debbie B.	Comp. Pool
Aqualite	Tue	8:45 AM	9:30 AM	Jan 6	Feb 17		FREE	\$39.50	Mary Y.	Comp. Pool
Aqualite	Wed	8:45 AM	9:30 AM	Jan 7	Feb 18		FREE	\$39.50	Dora L.	Comp. Pool
Aqualite	Thu	8:45 AM	9:30 AM	Jan 8	Feb 19		FREE	\$39.50	Mary Y.	Comp. Pool
Aqualite	Fri	8:45 AM	9:30 AM	Jan 9	Feb 20		FREE	\$39.50	Makayla T.	Comp. Pool
Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Jan 5	Feb 18		\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Jan 7	Feb 18		\$14.00	\$56.00	Sarah G.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jan 6	Feb 17		\$14.00	\$56.00	Ann E.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jan 7	Feb 18		\$14.00	\$56.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jan 8	Feb 19		\$14.00	\$56.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jan 9	Feb 20		\$14.00	\$56.00	Margaret G.	Comp. Pool
Twinges	Mon	9:30 AM	10:15 AM	Jan 5	Feb 16		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Jan 6	Feb 17		FREE	\$39.50	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Jan 7	Feb 18		FREE	\$39.50	Alice F.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Jan 8	Feb 19		FREE	\$39.50	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Jan 9	Feb 20		FREE	\$39.50	Ann E.	Rec. Pool
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Jan 8	Feb 19		\$34.00	\$68.00	Nina H.	Rec. Pool
Adult Group Swim Lessons	Thu	6:00 PM	6:35 PM	Jan 8	Feb 19		\$33.25	\$66.50	Liz H	Rec. Pool
Swim Challenge—Swimopoly	9+	More details coming soon Registration ends Feb 27th					\$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	1:00 PM	2:00 PM	Jan 7	Jan 7		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Jan 14	Jan 14		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Feb 11	Feb 11		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Feb 18	Feb 18		\$10.00	\$10.00	Rebecca B.	Studio 2/3
CPR-Basic (Hybrid-online/in person)	Thu	5:00 PM	9:00 PM				\$100.00	\$125.00	Liz C.	Mtg. Room
CPR PRO (Hybrid-online/in person)	Tue	9:30 AM	2:30 PM				\$100.00	\$125.00	Liz C.	Mtg. Room
Lifeguard Certification Training - MUST attend all class sessions	15+ yr	Monday May 18th - Friday May 22nd 4-8pm and Saturday May 23rd 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	Rec./Comp. & Meeting Rm.
Lifeguard Certification Training - MUST attend all class sessions	15+ yr	Monday August 3rd - Friday August 7th 12-6pm 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	Rec./Comp. & Meeting Rm.
Lifeguard Certification Training - MUST attend all class sessions	15+ yr	Monday December 14th - Friday December 18th 5-9pm and Saturday December 19th 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	Rec./Comp. & Meeting Rm.
Lifeguard Recertification Training	17+ yr	Saturday February 28th 8am-5:30pm Online blended learning and in person skills					\$150.00	Free Course and Y Membership when you join our Team	Heidi	Rec./Comp. & Meeting Rm.
Lifeguard Recertification Training	17+ yr	Wednesday July 15th 9am-6:30pm Online blended learning and in person skills					\$150.00	Free Course and Y Membership when you join our Team	Heidi	Rec./Comp. & Meeting Rm.
Lifeguard Recertification Training	17+ yr	Saturday Octover 10th 9am-6:30pm Online blended learning and in person skills					\$150.00	Free Course and Y Membership when you join our Team	Heidi	Rec./Comp. & Meeting Rm.
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Jan 5	Feb 18		\$14.00	\$28.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jan 6	Feb 19		\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 6	Feb 17		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Jan 8	Feb 19		FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Contact Abby Baker for more information			FREE	FREE	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jan 6	Feb 17		FREE	\$39.50	Abby B./ Matt O.	Well. Ctr.
M.I.N.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	In Session			\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Jan 7	Feb 18		\$14.00	\$28.00	Suzanne H.	Studio 1
Rock Steady Boxing (Parkinson's)	M/W	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Abby B./ Brett C.	Studio 1
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	DCMC	Studio 2
Twinges	Mon	9:30 AM	10:15 AM	Jan 5	Feb 16		FREE	\$39.50	Ann E.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Jan 6	Feb 17		FREE	\$39.50	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Jan 7	Feb 18		FREE	\$39.50	Alice F.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Jan 8	Feb 19		FREE	\$39.50	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Jan 9	Feb 20		FREE	\$39.50	Ann E.	Rec. Pool
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 6	Mar 24		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	7:50 AM	8:20 AM	Jan 6	Feb 17		\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:05 AM	11:35 AM	Jan 6	Feb 17		\$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	5:00 PM	6:45 PM	Jan 9	Feb 20		\$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	Jan 11	Feb 22		\$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
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		Meeting Room