



# W226 GROUP FITNESS

Winter 2 2026 • February 23-April 19

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	Feb 26	Apr 16		\$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.
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic				Previously recorded classes available! Register to receive				<b>FREE</b>	\$39.50	Staff

\*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)	<b>FREE</b>	--	--	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	Feb 24	May 12		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Mar 31	Jun 16		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:30 AM	Feb 24	Apr 14		\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:00 AM	11:30 AM	Feb 24	Apr 14		\$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)	<b>FREE</b>	--	--	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® Band Small Group Training	Wed	10:30 AM	11:00 AM	Feb 25	Apr 15		\$65.00	--	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Feb 26	Apr 16		\$65.00	--	Patti Jo W.	Well. Ctr.
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Feb 23	Apr 13		\$65.00	--	Matt O.	Well. Ctr.
Pickleball Strength & Agility	Sat	10:00 AM	10:50 AM	Feb 28	Apr 18	Apr 4	\$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	Feb 23	Apr 13		<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Feb 25	Apr 15		<b>FREE</b>	---	Scott G.	Well. Ctr.
Sprint 8	Thu	12:00 PM	12:30 PM	Feb 26	Apr 16		<b>FREE</b>	---	Matt O.	Well. Ctr.
Sprint 8	Fri	9:30 AM	10:00 AM	Feb 27	Apr 17		<b>FREE</b>	---	Kristi W.	Well. Ctr.
Starter Fit	Wed	11:15 AM	12:00 PM	Feb 25	Apr 15		\$34.00	---	Scott G.	Well. Ctr.

W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Feb 23	Apr 13		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Feb 25	Apr 15	Apr 1	\$34.00	\$68.00	Prisca F.	Well. Ctr.
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	Mar 7 Apr 11 May 2	Mar 7 Apr 11 May 2		<b>FREE</b>	---	Anna T.	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>UNLIMITED PACKAGE (Unlimited classes)</b>	M-S	-	-	Feb 23	Apr 18	Apr 4	\$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Feb 23	Apr 13		\$52.00	\$104.00	Lucas S./ Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Feb 24	Apr 14		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Feb 24	Apr 14		\$52.00	\$104.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Feb 24	Apr 14		\$52.00	\$104.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Feb 25	Apr 15		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Feb 25	Apr 15		\$52.00	\$104.00	Lucas S./ Abby B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Feb 26	Apr 16		\$52.00	\$104.00	Abby B.	S.P. Field
POWER	Thu	5:15 PM	6:15 PM	Feb 26	Apr 16		\$52.00	\$104.00	Abby B.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Feb 27	Apr 17		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Feb 28	Apr 18	Apr 4	\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Feb 25	Apr 15		\$52.00	\$104.00	Mike M./ Scott G.	S.P. Field

## BODY, MIND & SPIRIT

 Meditation-Beginner	Wed	9:30 AM	10:45 AM	Feb 25	Apr 15		\$34.00	\$68.00	Sara O.	Mtg. Room
 Meditation-Guided	Wed	8:30 AM	9:15 AM	Feb 25	Apr 15		\$34.00	\$68.00	Sara O.	Mtg. Room
Pilates	Mon	9:15 AM	10:00 AM	Feb 23	Apr 13		\$34.00	\$68.00	Heidi B./Deb M.	Studio 2/3
Pilates	Mon	6:00 PM	6:45 PM	Feb 23	Apr 13		\$34.00	\$68.00	Kendi D.	Studio 3
Pilates	Tue	5:15 PM	6:00 PM	Feb 24	Apr 14		\$34.00	\$68.00	Tonya F.	Studio 2
Pilates	Wed	8:00 AM	8:45 AM	Feb 25	Apr 15		\$34.00	\$68.00	Heidi B./Deb M.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Feb 27	Apr 17		\$34.00	\$68.00	Tonya F.	Studio 2/3
 Tai Chi Movement	Thu	5:45 PM	6:45 PM	Feb 26	Apr 16		\$34.00	\$68.00	Chris E.	Studio 1
 Yoga-Aqua	Thu	9:30 AM	10:30 AM	Feb 26	Apr 16		\$34.00	\$68.00	Nina H.	Rec. Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Feb 23	Apr 13		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 25	Apr 15		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Feb 26	Apr 16		\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 23	Apr 13		\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Feb 23	Apr 13		\$34.00	\$68.00	Prem L.	Studio 1
<b>Yoga-For Pain Relief</b>	Tue	10:30 AM	11:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Deb M.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Feb 23	Apr 13		\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Feb 23	Apr 13		\$34.00	\$68.00	Laurel B.	Studio 1
Yoga-Vinyasa	Wed	6:00 AM	6:50 AM	Feb 25	Apr 15		\$34.00	\$68.00	Jan M.	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	Feb 25	Apr 15		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Feb 23	Apr 13		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:10 PM	6:40 PM	Feb 23	Apr 13		\$22.50	\$56.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	8:40 AM	Feb 24	Apr 14		\$22.50	\$56.00	Sarah G.	Studio 2
Cycle	Tue	9:00 AM	10:00 AM	Feb 24	Apr 14		\$22.50	\$56.00	Jacob M.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Feb 26	Apr 16		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Feb 26	Apr 16		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Feb 27	Apr 27		\$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	Feb 23	Apr 17		<b>FREE</b>	\$95.50	Ellen K./ Renee S./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Amy A.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Linda W.	Gym A/B

Healthy Choice	Fri	8:00 AM	9:00 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Feb 23	Apr 13		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Feb 26	Apr 16		\$14.00	\$56.00	Jen L.	Studio 2
Sprint 8	Mon	11:30 AM	12:00 PM	Feb 23	Apr 13		<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Feb 25	Apr 15		<b>FREE</b>	---	Scott G.	Well. Ctr.
Sprint 8	Thu	12:00 PM	12:30 PM	Feb 26	Apr 16		<b>FREE</b>	---	Matt O.	Well. Ctr.
Sprint 8	Fri	9:30 AM	10:00 AM	Feb 27	Apr 17		<b>FREE</b>	---	Kristi W.	Well. Ctr.
Step	Mon	8:00 AM	9:00 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Feb 27	Apr 17		<b>FREE</b>	\$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	Feb 24	Apr 14		\$14.00	\$56.00	Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Feb 26	Apr 16		\$14.00	\$56.00	Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Feb 24	Apr 14		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Feb 26	Apr 16		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:15 AM	Feb 27	Apr 17		\$14.00	\$56.00	Sarah G./ Laurie T.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Feb 23	Apr 13		\$14.00	\$56.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Feb 26	Apr 16		\$14.00	\$56.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Feb 27	Apr 17		\$14.00	\$56.00	Abby B.	Gym. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Feb 23	Apr 13		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Feb 25	Apr 15		\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Feb 25	Apr 15		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Feb 25	Apr 15		\$14.00	\$56.00	Jen L.	Studio 2
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Abby B./ Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Abby B.	Gym A/B
Starter Fit	Wed	11:15 AM	12:00 AM	Feb 25	Apr 15		\$34.00	\$68.00	Scott G.	Well. Ctr.
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Feb 23	Apr 13		\$65.00	--	Matt O.	Well. Ctr.
Pickleball Strength & Agility	Sat	10:00 AM	10:50 AM	Feb 28	Apr 18	Apr 4	\$65.00	--	Matt O.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Feb 25	Apr 15		\$65.00	--	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Feb 26	Apr 16		\$65.00	--	Patti Jo W.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Feb 23	Apr 13		\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Feb 25	Apr 15	Apr 1	\$34.00	\$68.00	Prisca F.	Well. Ctr.
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	Mar 7 Apr 11 May 2	Mar 7 Apr 11 May 2		<b>FREE</b>	---	Anna T.	Well. Ctr.

## WATER FITNESS

CLASS	DAY	START	END	START	NO CLASS	MEMBER	COMM.	INST	LOC		
Aqualite	Mon	8:45 AM	9:30 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Debbie B.	Comp. Pool	
Aqualite	Tue	8:45 AM	9:30 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Mary Y.	Comp. Pool	
Aqualite	Wed	8:45 AM	9:30 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Dora L.	Comp. Pool	
Aqualite	Thu	8:45 AM	9:30 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Mary Y.	Comp. Pool	
Aqualite	Fri	8:45 AM	9:30 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Makayla T.	Comp. Pool	
Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Feb 23	Apr 15		\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool	
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Feb 25	Apr 15		\$14.00	\$56.00	Sarah G.	Comp. Pool	
Over Your Head	Tue	7:45 AM	8:30 AM	Feb 24	Apr 14		\$14.00	\$56.00	Mary Claire M.	Comp. Pool	
Over Your Head	Wed	5:30 AM	6:15 AM	Feb 25	Apr 15		\$14.00	\$56.00	Julie D.	Comp. Pool	
Over Your Head	Thu	7:45 AM	8:30 AM	Feb 26	Apr 16		\$14.00	\$56.00	Sarah G.	Comp. Pool	
Over Your Head	Fri	5:30 AM	6:15 AM	Feb 27	Apr 17		\$14.00	\$56.00	Margaret G.	Comp. Pool	
Twinges	Mon	9:30 AM	10:15 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Staff	Rec. Pool	
Twinges	Tue	8:30 AM	9:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Mary T.	Rec. Pool	
Twinges	Wed	9:30 AM	10:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Alice F.	Rec. Pool	
Twinges	Thu	8:30 AM	9:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Nina H.	Rec. Pool	
Twinges	Fri	9:30 AM	10:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Judy S.	Rec. Pool	
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Feb 26	Apr 16		\$34.00	\$68.00	Nina H.	Rec. Pool	
Adult Group Swim Lessons	Mon	4:00 PM	4:35 PM	Feb 23	Apr 13	Mar 9	\$33.25	\$66.50	Liz H	Rec. Pool	
Adult Group Swim Lessons	Thu	5:50 PM	6:25 PM	Feb 26	Apr 9		\$33.25	\$66.50	Liz H	Rec. Pool	
Swim Challenge - Swimopoly	9+ yr	Swim your way around our swimopoly board with either beginner or advanced sets available. More information will be provided upon registration or at the Welcome Center.				Feb 23	Jun 5	\$25.00	\$25.00	N/A	Comp Pool

## SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Feb 23	Apr 15		\$14.00	\$28.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Feb 24	Apr 16		\$14.00	\$28.00	Christine M./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Contact Abby B. for more information.			<b>FREE</b>	<b>FREE</b>	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Abby B./ Matt O.	Well. Ctr.
M.I.N.D.	Mon			Contact Abby B. for more information.			<b>FREE</b>	<b>FREE</b>	DCMC	Studio 2/3
Moving For Better Balance	M/W	10:15 AM	11:15 AM	Contact Abby B. for more information.			\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Feb 25	Apr 15		\$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	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Staff	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Alice F.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Judy S.	Rec. Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Feb 24	May 12		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Mar 31	Jun 16		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:30 AM	Feb 24	Apr 14		\$24.50	\$48.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:00 AM	11:30 AM	Feb 24	Apr 14		\$24.50	\$48.50	Tess J.	Comm. Rm.
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Mar 11	Mar 11		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Mar 18	Mar 18		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Apr 15	Apr 15		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Apr 22	Apr 22		\$10.00	\$10.00	Rebecca B.	Studio 2/3
CPR-Basic (Hybrid-online/ in person)	Wed	5:00 PM	9:00 PM	Mar 4	Mar 4		\$100.00	\$125.00	Liz C.	Mtg. Room
CPR PRO (Hybrid-online/in person)	Fri	9:30 AM	2:30 PM	Mar 27	Mar 27		\$100.00	\$125.00	Liz C.	Mtg. Room
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+ yr	Tuesday Nights 5-9pm for 7 weeks 3rd - April 14th Please set up a time with the Aquatics Director to complete the prerequisite swimming skills prior to the first day of class.					\$325.00	<b>Free Course and Y Membership when you join our Team</b>	Heidi	Rec./Comp. & Meeting Rm.
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+ yr	Thursday March 12th - Sunday March 15th Thursday and Friday 4-9pm Saturday and Sunday 8am-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	<b>Free Course and Y Membership when you join our Team</b>	Heidi	Rec./Comp. & Meeting Rm.
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	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	<b>Free Course and Y Membership when you join our Team</b>	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	<b>Free Course and Y Membership when you join our Team</b>	Heidi	Rec./Comp. & Meeting Rm.
Lifeguard Recertification Training	17+ yr	Saturday April 18th 8am-5:30pm Online blended learning and in person skills					\$150.00	<b>Free Course and Y Membership when you join our Team</b>	Heidi	Rec./Comp. & Meeting Rm.

## PRIVATE SWIM LESSONS

CLASS	MBR.	COMM.	Loc
Private Swim Lessons	\$100.00	\$150.00	Rec./Comp.
Semi-Private Swim Lessons	\$80.00	\$130.00	Rec./Comp.

## ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey -	Fri	5:00 PM	6:45 PM	Feb 27	Apr 17	Mar 6	\$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	Mar 1	Apr 19	Apr 5	\$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			<b>FREE</b>	<b>FREE</b>		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open Play Every Wednesday			<b>FREE</b>	<b>FREE</b>		Social Lounge
Page Turners Book Club	Thu	11:45 AM	1:00 PM	3rd Thursday of the 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 the month			<b>FREE</b>	<b>FREE</b>		Comm. Rm.
WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month			<b>FREE</b>	<b>FREE</b>		Mtg. Room
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month			<b>FREE</b>	<b>FREE</b>		Meeting Room