



# SP26 GROUP FITNESS

SPRING 2026 • April 20 - June 14

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 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	Apr 23	Jun 11		\$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	Apr 21	Jun 9		FREE	\$39.50	Becky A.	Virtual	
Silver Sneakers Classic	Previously recorded classes available! Register to receive							FREE	\$39.50	Staff	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	8:30 AM	9:30 AM	Mar 31	Jun 16	May 26 Jun 2	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Apr 21	Jun 9	May 26 Jun 2	\$18.50	\$36.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:00 AM	11:30 AM	Apr 21	Jun 9	May 26 Jun 2	\$18.50	\$36.50	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
Beginner Kettlebell Small Group Training	Tue	11:45 AM	12:30 PM	May 19	Jun 9		\$32.50	--	Becky A.	Well. Ctr.
Beginner Kettlebell Small Group Training	Thu	11:45 AM	12:30 PM	May 21	Jun 11		\$32.50	---	Becky A.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Apr 22	Jun 10		\$65.00	--	Scott G./ Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Apr 23	Jun 11		\$65.00	--	Scott G./ Prisca F.	Well. Ctr.
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Apr 20	Jun 8	May 25	\$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	Apr 20	Jun 8	May 25	<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Apr 22	Jun 10		<b>FREE</b>	---	Scott G.	Well. Ctr.
<del>Sprint-8</del>	<del>Thu</del>	<del>10:00 AM</del>	<del>10:30 AM</del>	<del>Apr 23</del>	<del>Jun 11</del>		<del>FREE</del>	<del>---</del>	<del>Matt O.</del>	<del>Well. Ctr.</del>
<del>Sprint-8</del>	<del>Fri</del>	<del>9:30 AM</del>	<del>10:00 AM</del>	<del>Apr 24</del>	<del>Jun 12</del>		<del>FREE</del>	<del>---</del>	<del>Kristi W.</del>	<del>Well. Ctr.</del>
<del>Starter-Fit</del>	<del>Tue</del>	<del>9:45 AM</del>	<del>10:30 AM</del>	<del>Apr 21</del>	<del>Jun 9</del>		<del>\$34.00</del>	<del>---</del>	<del>Scott G.</del>	<del>Well. Ctr.</del>
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Prisca F.	Well. Ctr.
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	May 2 Jun 6 Aug 1	May 2 Jun 6 Aug 1		<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	-	-	Apr 20	Jun 13	May 23 May 25	\$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Apr 20	Jun 8	May 25	\$52.00	\$104.00	Lucas S./ Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Apr 21	Jun 9		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Apr 21	Jun 9		\$52.00	\$104.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Apr 21	Jun 9		\$52.00	\$104.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Apr 22	Jun 10		\$52.00	\$104.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Apr 22	Jun 10		\$52.00	\$104.00	Lucas S./ Abby B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Apr 23	Jun 11		\$52.00	\$104.00	Abby B.	S.P. Field
POWER	Thu	5:15 PM	6:15 PM	Apr 23	Jun 11		\$52.00	\$104.00	Scott G.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Apr 24	Jun 12		\$52.00	\$104.00	Angie D.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Apr 25	Jun 13	May 23	\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Apr 22	Jun 10		\$52.00	\$104.00	Mike M./ Scott G.	S.P. Field

## BODY, MIND & SPIRIT

 <b>Meditation-Beginner-</b>	Wed	9:30 AM	10:45 AM	Apr 22	Jun 10	May 27	\$34.00	\$68.00	Sara O.	Mtg. Room
 Meditation-Guided	Tue	8:00 AM	8:45 AM	Apr 21	Jun 9		\$34.00	\$68.00	Sara O.	Mtg. Room
 Meditation-Guided	Wed	8:30 AM	9:15 AM	Apr 22	Jun 10	May 27	\$34.00	\$68.00	Sara O.	Mtg. Room
Pilates	Mon	9:15 AM	10:00 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Mon	6:00 PM	6:45 PM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Kendi D.	Studio 3
Pilates	Tue	8:00 AM	8:45 AM	Apr 21	Jun 9		\$34.00	\$68.00	Deb M.	Studio 1
Pilates	Tue	5:15 PM	6:00 PM	Apr 21	Jun 9		\$34.00	\$68.00	Tonya F.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Apr 22	Jun 10	May 27	\$34.00	\$68.00	Heidi B.	Studio 2/3
Pilates	Fri	8:00 AM	8:45 AM	Apr 24	Jun 12		\$34.00	\$68.00	Tonya F.	Studio 2/3
 Tai Chi Movement	Thu	5:45 PM	6:45 PM	Apr 23	Jun 11		\$34.00	\$68.00	Chris E.	Studio 1
 Yoga-Aqua	Thu	9:30 AM	10:30 AM	Apr 23	Jun 4	May 28	\$30.00	\$59.50	Nina H.	Rec. Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 22	Jun 10	May 27	\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Apr 23	Jun 11		\$34.00	\$68.00	Dwight Z.	Studio 1
 Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Prem L.	Studio 1
 Yoga-For Pain Relief	Tue	10:30 AM	11:15 AM	Apr 21	Jun 9		\$34.00	\$68.00	Deb M.	Studio 1
Yoga-Vinyasa	Mon	6:00 AM	6:50 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Jan M.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Apr 28	Jun 9	Apr 21	\$30.00	\$59.50	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	Apr 22	Jun 10		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Apr 20	Jun 8	May 25	\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:10 PM	6:40 PM	Apr 20	Jun 8	May 25	\$22.50	\$56.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	8:40 AM	Apr 21	Jun 9		\$22.50	\$56.00	Sarah G.	Studio 2
Cycle	Tue	9:00 AM	10:00 AM	Apr 21	Jun 9		\$22.50	\$56.00	Jacob M.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Apr 23	Jun 11		\$22.50	\$56.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Apr 23	Jun 11		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Apr 24	Jun 12		\$22.50	\$56.00	Laurie T.	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Apr 20	Jun 8	May 11 May 25	\$12.00	\$49.00	Jane B.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Apr 20	Jun 12	May 25	<b>FREE</b>	\$95.50	Ellen K./ Renee S./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Apr 20	Jun 8	May 25	<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 21	Jun 9		<b>FREE</b>	\$39.50	Amy A./ Sarah G.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Apr 24	Jun 12		<b>FREE</b>	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Apr 20	Jun 8	May 25	\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Apr 23	Jun 11		\$14.00	\$56.00	Jen L.	Studio 2
Line Dancing	Thur	11:15 AM	12:00 PM	Apr 23	Jun 11		\$14.00	\$56.00	Grace C.	Gym C
Sprint 8	Mon	11:30 AM	12:00 PM	Apr 20	Jun 8	May 25	<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Apr 22	Jun 10		<b>FREE</b>	---	Scott G.	Well. Ctr.
<b>Sprint-8</b>	<b>Thu</b>	<b>10:00 AM</b>	<b>10:30 AM</b>	<b>Apr 23</b>	<b>Jun 11</b>		<b>FREE</b>	---	<b>Matt O.</b>	<b>Well. Ctr.</b>
<b>Sprint-8</b>	<b>Fri</b>	<b>9:30 AM</b>	<b>10:00 AM</b>	<b>Apr 24</b>	<b>Jun 12</b>		<b>FREE</b>	---	<b>Kristi W.</b>	<b>Well. Ctr.</b>
Step	Mon	8:00 AM	9:00 AM	Apr 20	Jun 8	May 25	<b>FREE</b>	\$39.50	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Apr 24	Jun 12	May 8	<b>FREE</b>	\$34.50	Linda W.	Studio 1
Zumba Gold	Tue	11:15 AM	12:00 PM	Apr 21	Jun 9		\$14.00	\$56.00	Grace C.	Gym C

## STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Apr 21	Jun 9		\$14.00	\$56.00	Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Apr 23	Jun 11		\$14.00	\$56.00	Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Apr 21	Jun 9		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Apr 23	Jun 11		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:00 AM	Apr 24	Jun 12		\$14.00	\$56.00	Sarah G./ Laurie T.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Apr 20	Jun 8	May 25	\$14.00	\$56.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 23	Jun 11		\$14.00	\$56.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Apr 24	Jun 12		\$14.00	\$56.00	Abby B.	Gym. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Apr 20	Jun 8	May 25	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Apr 22	Jun 10		\$14.00	\$56.00	Jen L.	Studio 2/3
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Apr 20	Jun 8	May 25	<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 20	Jun 8	May 25	<b>FREE</b>	\$39.50	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 21	Jun 9		<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 22	Jun 10	May 27	<b>FREE</b>	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 24	Jun 12		<b>FREE</b>	\$39.50	Abby B.	Gym A/B
<b>Starter-Fit</b>	<b>Tue</b>	<b>9:45 AM</b>	<b>10:30 AM</b>	<b>Apr 21</b>	<b>Jun 9</b>		<b>\$34.00</b>	<b>\$68.00</b>	<b>Scott G.</b>	<b>Well. Ctr.</b>
<b>Beginner Kettlebell Small Group Training</b>	<b>Tue</b>	<b>11:45 AM</b>	<b>12:30 PM</b>	<b>May 19</b>	<b>Jun 9</b>		<b>\$65.00</b>	---	<b>Becky A.</b>	<b>Well. Ctr.</b>
<b>Beginner Kettlebell Small Group Training</b>	<b>Thu</b>	<b>11:45 AM</b>	<b>12:30 PM</b>	<b>May 21</b>	<b>Jun 11</b>		<b>\$65.00</b>	---	<b>Becky A.</b>	<b>Well. Ctr.</b>
Pickleball Strength & Agility	Mon	10:45 AM	11:35 AM	Apr 20	Jun 8	May 25	\$65.00	--	Matt O.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Apr 22	Jun 10		\$65.00	--	Scott G./ Prisca F.	Well. Ctr.
<b>TRX® Band Small Group Training</b>	<b>Thu</b>	<b>10:30 AM</b>	<b>11:00 AM</b>	<b>Apr 23</b>	<b>Jun 11</b>		<b>\$65.00</b>	--	<b>Scott G./ Prisca F.</b>	<b>Well. Ctr.</b>
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Prisca F.	Well. Ctr.
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	May 2 Jun 6	May 2 Jun 6		<b>FREE</b>	---	Anna T.	Well. Ctr.

## WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Apr 20	Jun 1	May 25	FREE	\$34.50	Debbie B.	Comp. Pool
Aqualite	Tue	8:45 AM	9:30 AM	Apr 21	Jun 2		FREE	\$34.50	Mary Y.	Comp. Pool
Aqualite	Wed	8:45 AM	9:30 AM	Apr 22	Jun 3	May 27	FREE	\$34.50	Dora L.	Comp. Pool
Aqualite	Thu	8:45 AM	9:30 AM	Apr 23	Jun 4		FREE	\$34.50	Mary Y.	Comp. Pool
Aqualite	Fri	8:45 AM	9:30 AM	Apr 24	Jun 5		FREE	\$34.50	Makayla T.	Comp. Pool
Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Apr 20	Jun 3	May 25 May 27	\$12.50	\$24.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Apr 22	Jun 3	May 27	\$12.00	\$49.00	Sarah G.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Apr 21	Jun 2		\$12.00	\$49.00	Mary Claire M.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Apr 22	Jun 3		\$12.00	\$49.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Apr 23	Jun 4		\$12.00	\$49.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Apr 24	Jun 5		\$12.00	\$49.00	Margaret G.	Comp. Pool
Twinges	Mon	9:30 AM	10:15 AM	Apr 20	Jun 1	May 25	FREE	\$34.50	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Apr 21	Jun 2		FREE	\$34.50	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Apr 22	Jun 3	May 27	FREE	\$34.50	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Apr 23	Jun 4		FREE	\$34.50	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Apr 24	Jun 5		FREE	\$34.50	Alice F.	Rec. Pool
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Apr 23	Jun 4	May 28	\$30.00	\$59.50	Nina H.	Rec. Pool
<b>Adult Group Swim Lessons</b>	<b>Tue</b>	<b>6:00 PM</b>	<b>6:45 PM</b>	<b>Apr 21</b>	<b>May 26</b>		<b>\$33.25</b>	<b>\$66.50</b>	<b>Robert H.</b>	<b>Rec. Pool</b>
Swim Challenge - Swimopoly	9+ yr	Swim you way around our swimopoly board with either beginner or advanced sets available. More information will be provided upon registration or at the welcome center.			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	Apr 20	Jun 3	May 25 May 27	\$12.50	\$24.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool	
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Apr 21	Jun 11		\$14.00	\$28.00	Laurie T./ DCMC	Studio 2/3	
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 21	Jun 9		FREE	\$39.50	Becky A.	Studio 2/3	
Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 23	Jun 11		FREE	\$39.50	Judy S.	Studio 2/3	
<b>LIVESTRONG® at the YMCA</b>	<b>T/Th</b>	<b>1:00 PM</b>	<b>2:15 PM</b>	<b>Apr 21</b>	<b>July 9</b>		<b>FREE</b>	<b>FREE</b>	<b>Abby B./ Matt O.</b>	<b>Studio 1</b>	
<b>STAYSTRONG</b>	<b>Tue</b>	<b>1:30 PM</b>	<b>2:15 PM</b>	<b>Apr 21</b>	<b>Jun 9</b>		<b>FREE</b>	<b>\$39.50</b>	<b>Abby B./ Matt O.</b>	<b>Well. Ctr.</b>	
M.I.N.D. (Memory in Development)	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	Apr 20	July 15	May 20 May 25 May 27	\$75.00	\$95.00	Abby B.	Studio 2	
<b>Moving For Better Balance Alumni</b>	<b>Wed</b>	<b>10:30 AM</b>	<b>11:00 AM</b>	<b>Apr 22</b>	<b>Jun 10</b>	<b>May 27</b>	<b>\$14.00</b>	<b>\$28.00</b>	<b>Suzanne H.</b>	<b>Studio 1</b>	
Rock Steady Boxing (Parkinson's)	M/W	1:15 PM	2:15 PM	Monthly		May 25 May 27	\$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	Apr 20	Jun 1	May 25	FREE	\$34.50	Lori S.	Rec. Pool	
Twinges	Tue	8:30 AM	9:15 AM	Apr 21	Jun 2		FREE	\$34.50	Mary T.	Rec. Pool	
Twinges	Wed	9:30 AM	10:15 AM	Apr 22	Jun 3		FREE	\$34.50	Judy S.	Rec. Pool	
Twinges	Thu	8:30 AM	9:15 AM	Apr 23	Jun 4		FREE	\$34.50	Nina H.	Rec. Pool	
Twinges	Fri	9:30 AM	10:15 AM	Apr 24	Jun 5		FREE	\$34.50	Alice F.	Rec. Pool	
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	8:25 AM	Apr 21	Jun 9	May 22 Jun 2	\$18.50	\$36.50	Tess J.	Comm. Rm.	
Y's Weight Loss Alumni Club	Tue	11:00 AM	11:30 AM	Apr 21	Jun 9	May 22 Jun 2	\$18.50	\$36.50	Tess J.	Comm. Rm.	
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	
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	May 6	May 6		\$10.00	\$10.00	Rebecca B.	Studio 2/3	
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	May 13	May 13		\$10.00	\$10.00	Rebecca B.	Studio 2/3	
<b>Art Exploration for Adults with Disabilities</b>	<b>Wed</b>	<b>1:00 PM</b>	<b>2:00 PM</b>	<b>Jun 10</b>	<b>Jun 10</b>		<b>\$10.00</b>	<b>\$10.00</b>	<b>Rebecca B.</b>	<b>Studio 2/3</b>	
<b>Art Exploration for Adults with Disabilities</b>	<b>Wed</b>	<b>1:00 PM</b>	<b>2:00 PM</b>	<b>Jun 17</b>	<b>Jun 17</b>		<b>\$10.00</b>	<b>\$10.00</b>	<b>Rebecca B.</b>	<b>Studio 2/3</b>	
CPR-Basic (Hybrid-online/ in person)	Thu	9:30 AM	1:00 PM	May 14			\$100.00	\$125.00	Liz C.	Mtg. Room	
CPR PRO (Hybrid-online/in person)	Fri	9:30 AM	2:30 PM	May 22			\$100.00	\$125.00	Liz C.	Mtg. Room	
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.	

## 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.

## ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey - Starting the week of 5/18 UWH will move to Thursday nights from 5:30-6:45pm	Fri	5:00 PM	6:45 PM	Apr 24	Jun 4	Jun 12	\$40.50 for a 7 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee	Kendall B.	Comp. Pool
Underwater Hockey - Starting the week of 5/18 UWH Sunday time will be 10:45am-12:45pm	Sun	12:00 PM	2:00 PM	Apr 26	May 30	Jun 6 Jun 12	\$57.00 for a 6 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee	Kendall B.	Comp. Pool

## 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>	Annette V.	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
<b>SAVE THE DATE-Wednesday, May 27th-FREE Health &amp; Wellness Day Event</b>										