



# S26 GROUP FITNESS

Summer 2026 • June 15 - August 23

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	Jun 18	Aug 20		\$20.00	\$75.00	Mary Claire M.	Virtual	
Healthy Choice	Previously recorded classes available! Register to receive							<b>FREE</b>	\$75.00	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Becky A.	Virtual	
Silver Sneakers Classic	Previously recorded classes available! Register to receive							<b>FREE</b>	\$75.00	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)	<b>FREE</b>	--	--	SB YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$63.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$163.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$310.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$479.00	--	--	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

Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 16	Sep 1		<del>\$100.00</del>	<del>\$125.00</del>	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jul 7	Sep 22		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Jun 16	Aug 18		\$18.50	\$36.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Jun 16	Aug 18		\$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)	<b>FREE</b>	--	--	SB YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$63.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$163.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$310.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$479.00	--	--	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	Jun 16	Aug 4		<del>\$65.00</del>	<del>\$85.00</del>	Becky A.	Well. Ctr.
Beginner Kettlebell Small Group Training	Thu	11:45 AM	12:30 PM	Jun 18	Aug 6		<del>\$65.00</del>	<del>\$85.00</del>	Becky A.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Jun 17	Aug 5		\$65.00	\$85.00	Scott G./ Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Jun 18	Aug 6		<del>\$65.00</del>	<del>\$85.00</del>	Scott G./ Prisca F.	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	Jun 15	Aug 3		<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Jun 17	Aug 5		<b>FREE</b>	---	Scott G.	Well. Ctr.

Sprint-8	Wed	9:30 AM	10:00 AM	Jun-17	Aug-5		FREE	---	Kristi W.	Well. Ctr.
Sprint-8	Thu	11:30 AM	12:00 PM	Jun-18	Aug-6		FREE	---	Matt O.	Well. Ctr.
Starter-Fit	Tue	9:45 AM	10:30 AM	Jun-16	Aug-4		\$36.00	\$72.00	Scott G.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jun 15	Aug 3		\$36.00	\$72.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jun 17	Aug 5		\$36.00	\$72.00	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	
<b>2x/wk discount (50% off 2nd day)</b>											
<b>UNLIMITED PACKAGE (Unlimited classes)</b>	M-S	-	-	Jun 15	Aug 22	Jul 4	\$144.00	N/A	STAFF	S.P. Field	
POWER Express	Mon	5:30 PM	6:00 PM	Jun 15	Aug 17		\$65.00	\$130.00	Abby B./ Angie D.	S.P. Field	
POWER	Tue	5:30 AM	6:30 AM	Jun 16	Aug 18		\$65.00	\$130.00	Sarah G.	S.P. Field	
POWER	Tue	9:15 AM	10:15 AM	Jun 16	Aug 18		\$65.00	\$130.00	Lizzy A.	S.P. Field	
<del>POWER</del>	<del>Tue</del>	<del>5:15 PM</del>	<del>6:15 PM</del>	<del>Jun-16</del>	<del>Aug-18</del>		<del>\$65.00</del>	<del>\$130.00</del>	<del>Joe B.</del>	<del>S.P. Field</del>	
POWER Express	Wed	5:30 AM	6:00 AM	Jun 17	Aug 19		\$65.00	\$130.00	Angie D.	S.P. Field	
POWER	Wed	5:15 PM	6:15 PM	Jun 17	Aug 19		\$65.00	\$130.00	Abby B.	S.P. Field	
POWER	Thu	5:30 AM	6:30 AM	Jun 18	Aug 20		\$65.00	\$130.00	Abby B.	S.P. Field	
<del>POWER-</del>	<del>Thu</del>	<del>5:15 PM</del>	<del>6:15 PM</del>	<del>Jun-18</del>	<del>Aug-20</del>		<del>\$65.00</del>	<del>\$130.00</del>	<del>Scott G.</del>	<del>S.P. Field</del>	
POWER Express	Fri	5:30 AM	6:00 AM	Jun 19	Aug 21		\$65.00	\$130.00	Angie D.	S.P. Field	
POWER Express	Sat	8:00 AM	8:30 AM	Jun 20	Aug 22	Jul 4	\$65.00	\$130.00	STAFF	S.P. Field	
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Returning in Fall						Mike M./ Scott G.	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	Returning in Fall						Sara O.	Mtg. Room
Meditation-Guided	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		\$45.00	\$90.00	Sara O.	Mtg. Room	
Meditation-Guided	Wed	8:30 AM	9:15 AM	Jun 17	Aug 19		\$45.00	\$90.00	Sara O.	Mtg. Room	
Pilates	Mon	9:15 AM	10:00 AM	Jun 15	Aug 17		\$45.00	\$90.00	Heidi B.	Studio 2/3	
Pilates	Mon	5:30 PM	6:15 PM	Jun 15	Aug 17		\$45.00	\$90.00	Kendi D.	Studio 3	
Pilates	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		\$45.00	\$90.00	Deb M.	Studio 1	
Pilates	Tue	5:15 PM	6:00 PM	Jun 16	Aug 18		\$45.00	\$90.00	Tonya F.	Studio 2/3	
Pilates	Wed	8:00 AM	8:45 AM	Jun 17	Aug 19		\$45.00	\$90.00	Heidi B.	Studio 2/3	
Pilates	Fri	8:00 AM	8:45 AM	Jun 19	Aug 21		\$45.00	\$90.00	Tonya F.	Studio 2/3	
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 18	Aug 20		\$45.00	\$90.00	Chris E./ Seth W.	Studio 1	
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Returning in Fall						Nina H.	Rec. Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 15	Aug 17		\$45.00	\$90.00	Dwight Z.	Studio 1	
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 17	Aug 19		\$45.00	\$90.00	Suzanne H.	Studio 1	
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 18	Aug 20		\$45.00	\$90.00	Dwight Z.	Studio 1	
Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall						Suzanne H.	Studio 1
Yoga-Sunrise Gentle	Thur	6:30 AM	7:30 AM	Jun 18	Aug 20		\$45.00	\$90.00	Nina H.	Peterson Park/Studio 1	
Yoga-Swasthya	Thur	7:00 AM	8:15 AM	Jun 18	Aug 20		\$45.00	\$90.00	Prem L.	Studio 1	
Yoga-For Pain Relief	Tue	10:30 AM	11:15 AM	Jun 23	Aug 18	Jun 16	\$40.50	\$81.00	Deb M.	Studio 1	
Yoga-Vinyasa	Mon	6:00 AM	6:50 AM	Jun 15	Aug 17		\$45.00	\$90.00	Jan M.	Studio 1	
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Returning in Fall						Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Jun 16	Aug 18	Aug 4	\$40.50	\$81.00	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	Jun 17	Aug 19		\$20.00	\$75.00	Laurie T.	Studio 2/3	
Cycle	Mon	5:15 AM	5:50 AM	Jun 15	Aug 17		\$28.50	\$75.00	Laurie T.	Studio 2/3	
Cycle	Mon	6:10 PM	6:40 PM	Jun 15	Aug 17		\$28.50	\$75.00	Joe B.	Studio 2	
Cycle	Tue	8:00 AM	8:40 AM	Jun 16	Aug 18		\$28.50	\$75.00	Sarah G.	Studio 2	
Cycle	Tue	9:00 AM	10:00 AM	Returning in Fall						Jacob M.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jun 18	Aug 20		\$28.50	\$75.00	Stephanie K.	Studio 2	
Cycle	Thu	6:00 PM	6:30 PM	Jun 18	Aug 20		\$28.50	\$75.00	Jen L.	Studio 2	
Cycle	Fri	5:15 AM	5:50 AM	Jun 19	Aug 21		\$28.50	\$75.00	Laurie T.	Studio 2/3	
Dance Fit	Mon	5:00 PM	5:45 PM	Returning in Fall						Jane B.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 15	Aug 21		FREE	\$225.00	April M./ Ellen K./Jon S.	Gym A/B	

Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Amy A./ Sarah G.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Jun 25	Aug 20	Jun 18	<b>FREE</b>	\$67.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 15	Aug 17		\$20.00	\$75.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jun 18	Aug 20		\$20.00	\$75.00	Jen L.	Studio 2
Line Dancing	Thu	11:15 AM	12:00 PM	Jun 18	Aug 20	July 23	\$18.00	\$67.50	Grace C.	Gym C
Sprint 8	Mon	11:30 AM	12:00 PM	Jun 15	Aug 3		<b>FREE</b>	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Jun 17	Aug 5		<b>FREE</b>	---	Scott G.	Well. Ctr.
<del>Sprint 8</del>	<del>Wed</del>	<del>9:30 AM</del>	<del>10:00 AM</del>	<del>Jun 17</del>	<del>Aug 5</del>		<del>FREE</del>	<del>---</del>	<del>Kristi W.</del>	<del>Well. Ctr.</del>
<del>Sprint 8</del>	<del>Thu</del>	<del>11:30 AM</del>	<del>12:00 PM</del>	<del>Jun 18</del>	<del>Aug 6</del>		<del>FREE</del>	<del>---</del>	<del>Matt O.</del>	<del>Well. Ctr.</del>
Step	Mon	8:00 AM	9:00 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Linda W.	Studio 1
Zumba Gold	Tue	11:15 AM	12:00 PM	Jun 16	Aug 18	Jul 28	\$18.00	\$67.50	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	Returning in Fall						Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Returning in Fall						Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Jun 16	Aug 18		\$20.00	\$75.00	Laurie T.	Studio 2/3	
Flex Power	Thu	5:15 AM	6:00 AM	Jun 18	Aug 20		\$20.00	\$75.00	Laurie T.	Studio 2/3	
Flex Power	Fri	9:15 AM	10:00 AM	Jun 19	Aug 21		\$20.00	\$75.00	Heidi B.	Studio 2/3	
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jun 15	Aug 17		\$20.00	\$75.00	Dwight Z.	Gym. Ctr.	
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 18	Aug 20		\$20.00	\$75.00	Mary Claire M.	Gym. Ctr.	
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jun 19	Aug 21		\$20.00	\$75.00	Abby B.	Gym. Ctr.	
Kettlebell	Mon	9:15 AM	10:15 AM	Returning in Fall						Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Returning in Fall						Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Jun 24	Aug 19	Jun 17	\$18.00	\$67.50	Sarah G.	Studio 2/3	
RIP	Wed	5:15 PM	6:15 PM	Jun 17	Aug 19		\$20.00	\$75.00	Jen L.	Studio 2/3	
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Abby B.	Gym C	
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Abby B.	Gym C	
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Judy S.	Gym A/B	
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Linda W.	Gym A/B	
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Linda W.	Gym A/B	
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 18	Aug 20		<b>FREE</b>	\$75.00	Deb M.	Gym A/B	
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Abby B.	Gym A/B	
<del>Starter-Fit</del>	<del>Tue</del>	<del>9:45 AM</del>	<del>10:30 AM</del>	<del>Jun 16</del>	<del>Aug 4</del>		<del>\$36.00</del>	<del>\$72.00</del>	<del>Scott G.</del>	<del>Well. Ctr.</del>	
<del>Beginner Kettlebell Small Group Training</del>	<del>Tue</del>	<del>11:45 AM</del>	<del>12:30 PM</del>	<del>Jun 16</del>	<del>Aug 4</del>		<del>\$65.00</del>	<del>\$85.00</del>	<del>Becky A.</del>	<del>Well. Ctr.</del>	
<del>Beginner Kettlebell Small Group Training</del>	<del>Thu</del>	<del>11:45 AM</del>	<del>12:30 PM</del>	<del>Jun 18</del>	<del>Aug 6</del>		<del>\$65.00</del>	<del>\$85.00</del>	<del>Becky A.</del>	<del>Well. Ctr.</del>	
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Jun 17	Aug 5		\$65.00	\$85.00	Scott G./ Prisca F.	Well. Ctr.	
<del>TRX® Band Small Group Training</del>	<del>Thu</del>	<del>10:30 AM</del>	<del>11:00 AM</del>	<del>Jun 18</del>	<del>Aug 6</del>		<del>\$65.00</del>	<del>\$85.00</del>	<del>Scott G./ Prisca F.</del>	<del>Well. Ctr.</del>	
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jun 15	Aug 3		\$36.00	\$72.00	Angie D.	Well. Ctr.	
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jun 17	Aug 5		\$36.00	\$72.00	Prisca F.	Well. Ctr.	
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	Returning in Fall						Anna T.	Well. Ctr.

## WATER FITNESS

CLASS	DAY	START	END	START	End	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:35 AM	9:20 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Debbie B.	Comp. Pool
Aqualite	Tue	8:35 AM	9:20 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Mary Y.	Comp. Pool
Aqualite	Wed	8:35 AM	9:20 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Dora L.	Comp. Pool
Aqualite	Thu	8:35 AM	9:20 AM	Jun 18	Aug 20		<b>FREE</b>	\$75.00	Mary Y.	Comp. Pool
Aqualite	Fri	8:35 AM	9:20 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Makayla T.	Comp. Pool
Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Jun 15	Aug 19		\$20.00	\$40.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Jun 17	Aug 19		\$20.00	\$75.00	Sarah G.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jun 16	Aug 18		\$20.00	\$75.00	Mary Claire M.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jun 17	Aug 19		\$20.00	\$75.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jun 18	Aug 20		\$20.00	\$75.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jun 19	Aug 21		\$20.00	\$75.00	Margaret G.	Comp. Pool
Twinges	Mon	9:30 AM	10:15 AM	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 18	Aug 20		<b>FREE</b>	\$75.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Alice F.	Rec. Pool

Yoga-Aqua	Thu	9:30 AM	10:30 AM	Returning in Fall				Nina H.	Rec. 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	Jun 15	Aug 19		\$20.00	\$40.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool	
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 16	Aug 20		\$20.00	\$40.00	Laurie T./ DCMC	Studio 2/3	
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Becky A.	Studio 2/3	
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 18	Aug 20		<b>FREE</b>	\$75.00	Judy S.	Studio 2/3	
LIVESTRONG® at the YMCA	T/Th	Contact Abby Baker for more information.						<b>FREE</b>	<b>FREE</b>	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Abby B./ Matt O.	Well. Ctr.	
M.IN.D.	Mon	Contact Abby Baker for more information.						<b>FREE</b>	<b>FREE</b>	DCMC	Studio 2/3
Moving For Better Balance	M/W	Contact Abby Baker for more information.						\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Returning in Fall						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	Jun 15	Aug 17		<b>FREE</b>	\$75.00	Lori S.	Rec. Pool	
Twinges	Tue	8:30 AM	9:15 AM	Jun 16	Aug 18		<b>FREE</b>	\$75.00	Mary T.	Rec. Pool	
Twinges	Wed	9:30 AM	10:15 AM	Jun 17	Aug 19		<b>FREE</b>	\$75.00	Judy S.	Rec. Pool	
Twinges	Thu	8:30 AM	9:15 AM	Jun 18	Aug 20		<b>FREE</b>	\$75.00	Nina H.	Rec. Pool	
Twinges	Fri	9:30 AM	10:15 AM	Jun 19	Aug 21		<b>FREE</b>	\$75.00	Alice F.	Rec. Pool	
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 16	Sep 1		\$100.00	\$125.00	Tess J.	Comm. Rm.	
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jul 7	Sep 22		\$100.00	\$125.00	Tess J.	Comm. Rm.	
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Jun 15	Aug 23		\$18.50	\$36.50	Tess J.	Comm. Rm.	
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Jun 15	Aug 23		\$18.50	\$36.50	Tess J.	Comm. Rm.	
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Jun 10	Jun 10		\$10.00	\$10.00	Rebecca B.	Studio 2/3	
Fermentation & Pickling	Sat	9:00 AM	10:30 AM	Aug 22	Aug 22		\$35.00	\$70.00	Annette V.	Kitchen	
Preserving the Season	Sat	9:00 AM	11:30 AM	June 27	June 27		\$35.00	\$70.00	Annette V.	Kitchen	
Summer Salads, Salsas and Microgreens	Sat	9:00 AM	10:30 AM	July 25	July 25		\$35.00	\$70	Annette V.	Kitchen	

## 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 -	Thu	5:00 PM	6:45 PM	Jun 18	Aug 20		\$16.50 for a 3 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee or \$33.00 for the session	Kendall B.	Comp. Pool
Underwater Hockey -	Sun	10:45 AM	12:45 PM	Jun 21	Aug 23		\$55.00 for a 10 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee or \$110 for the session	Kendall B.	Comp. Pool

## LIFEGUARD CLASS

CLASS	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+ yr	Monday August 3rd - Friday August 7th		12:00-6:00 pm			\$325.00	Free Course and Y Membership when you join our Team	Staff	Rec./Comp. & Meeting Rm.

## 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