



F126 GROUP FITNESS

Fall 1 2026 • August 31-October 25

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	Sep 3	Oct 22		\$16.00	\$60.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$60.00	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Becky A.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$60.00	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)	FREE	--	--	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	Sep 1	Nov 24	Oct 20	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Oct 6	Dec 29	Oct 20	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Sep 1	Oct 13	Oct 20	\$24.00	\$60.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Sep 1	Oct 13	Oct 20	\$24.00	\$60.00	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	\$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
TRX® Band Small Group Training	Mon	9:30 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$36.00	---	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Tue	5:15 PM	5:45 PM	Sep 1	Oct 20		\$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	8:00 AM	8:30 AM	Sep 2	Oct 21		\$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Sep 2	Oct 21		\$36.00	---	Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:00 AM	10:30 AM	Sep 3	Oct 22		\$36.00	---	Kristi W.	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	Aug 31	Oct 19	Sep 7	FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Sep 2	Oct 21		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Wed	9:30 AM	10:00 AM	Sep 2	Oct 21		FREE	---	Kristi W.	Well. Ctr.

349	Sprint 8	Thu	11:30 AM	12:00 PM	Sep 3	Oct 22		FREE	---	Matt O.	Well. Ctr.
350	Starter Fit	Tue	9:45 AM	10:30 AM	Sep 1	Oct 20		\$36.00	---	Maggie S.	Well. Ctr.
351	W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Angie O.	Well. Ctr.
	W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Sep 2	Oct 21		\$36.00	\$72.00	Prisca F.	Well. Ctr.
	W.O.W. (Women on Weights)	Wed	6:15 PM	7:00 PM	Sep 2	Oct 21		\$36.00	\$72.00	Maggie S.	Well. Ctr.
	W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Sep 5	Sep 5		FREE		Anna T.	Well Ctr.
	W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Oct 3	Oct 3		FREE		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
2x/wk discount (50% off 2nd day)										
UNLIMITED PACKAGE (Unlimited classes)	M-S	-	-	Aug 31	Oct 24	Sep 5 Sep 7	\$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Aug 31	Oct 19	Sep 7	\$52.00	\$104.00	Angie O.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Sep 1	Oct 20		\$52.00	\$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Sep 1	Oct 20		\$52.00	\$104.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Sep 1	Oct 20		\$52.00	\$104.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Sep 2	Oct 21		\$52.00	\$104.00	Angie O.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Sep 2	Oct 21		\$52.00	\$104.00	Julie W.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Sep 3	Oct 22		\$52.00	\$104.00	Abby B.	S.P. Field
POWER	Thu	5:15 PM	6:15 PM	Sep 3	Oct 22		\$52.00	\$104.00	Scott G.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Sep 4	Oct 23		\$52.00	\$104.00	Angie O.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Sep 5	Oct 24	Sep 5	\$52.00	\$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Sep 2	Oct 21		\$52.00	\$104.00	Mike M./ Scott G.	S.P. Field

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
349 Meditation-Beginner	Wed	9:30 AM	10:45 AM	Sep 2	Oct 21		\$36.00	\$72.00	Sara O.	Mtg. Room
350 Meditation-Guided	Tue	8:00 AM	8:45 AM	Sep 1	Oct 13	Oct 20	\$36.00	\$72.00	Sara O.	Mtg. Room
351 Meditation-Guided	Wed	8:30 AM	9:15 AM	Sep 2	Oct 21		\$36.00	\$72.00	Sara O.	Mtg. Room
Pilates	Mon	9:15 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Deb M.	Studio 2/3
Pilates	Mon	6:00 PM	6:45 PM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Kendi D.	Studio 3
Pilates	Tue	8:00 AM	8:45 AM	Sep 1	Oct 13	Oct 20	\$36.00	\$72.00	Deb M.	Studio 1
Pilates	Tue	5:15 PM	6:00 PM	Sep 1	Oct 20		\$36.00	\$72.00	Luke T.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Sep 2	Oct 21		\$36.00	\$72.00	Luke T.	Studio 2/3
Pilates	Thur	6:00 PM	6:45 PM	Sep 3	Oct 22		\$36.00	\$72.00	Elise D.	Studio 3
Pilates	Fri	8:15 AM	9:00 AM	Sep 4	Oct 23		\$36.00	\$72.00	Tonya F.	Studio 2/3
352 Tai Chi Movement	Thu	5:45 PM	6:45 PM	Sep 3	Oct 22		\$36.00	\$72.00	Chris E./ Seth W.	Studio 1
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Sep 3	Oct 22		\$31.50	\$63.00	Nina H.	Rec. Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sep 2	Oct 21		\$36.00	\$72.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Sep 3	Oct 22		\$36.00	\$72.00	Dwight Z.	Studio 1
353 Yoga-Chair	Mon	10:15 AM	11:15 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Prem L.	Studio 1
354 Yoga-For Pain Relief	Tue	10:30 AM	11:15 AM	Sep 1	Oct 13	Oct 20	\$36.00	\$72.00	Deb M.	Studio 1
Yoga-Vinyasa	Mon	6:00 AM	6:50 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Jan M.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Sep 1	Oct 13	Oct 20	\$36.00	\$72.00	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	Sep 2	Oct 21		\$16.00	\$60.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Aug 31	Oct 19	Sep 7	\$24.00	\$60.00	Laurie T.	Studio 2/3
Cycle	Mon	6:10 PM	6:40 PM	Aug 31	Oct 19	Sep 7	\$24.00	\$60.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	8:40 AM	Sep 1	Oct 13	Oct 20	\$24.00	\$60.00	Sarah G.	Studio 2
Cycle	Tue	9:00 AM	10:00 AM	Returning Fall 2					Jacob M.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Sep 3	Oct 22		\$24.00	\$60.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Sep 3	Oct 22		\$24.00	\$60.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Sep 4	Oct 23		\$24.00	\$60.00	Laurie T.	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Aug 31	Oct 19	Sep 7	\$16.00	\$60.00	Ashley E.	Studio 2/3

Fit for Life	M/W/F	6:15 AM	7:00 AM	Aug 31	Oct 23	Sep 7	FREE	\$180.00	April M./ Ellen K./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Amy A./ Sarah G.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Sep 2	Oct 21		FREE	\$60.00	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Sep 3	Oct 22		FREE	\$60.00	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Sep 4	Oct 23		FREE	\$60.00	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Aug 31	Oct 19	Sep 7	\$16.00	\$60.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Sep 3	Oct 22		\$16.00	\$60.00	Jen L.	Studio 2
Line Dancing	Thu	11:15 AM	12:00 PM	Sep 3	Oct 22		\$16.00	\$60.00	Grace C.	Gym C
Sprint 8	Mon	11:30 AM	12:00 PM	Aug 31	Oct 19	Sep 7	FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Sep 2	Oct 21		FREE	---	Scott G.	Well. Ctr.
Sprint 8	Wed	9:30 AM	10:00 AM	Sep 2	Oct 21		FREE	---	Kristi W.	Well. Ctr.
Sprint 8	Thu	11:30 AM	12:00 PM	Sep 3	Oct 22		FREE	---	Matt O.	Well. Ctr.
Step	Mon	8:00 AM	9:00 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Sep 4	Oct 23		FREE	\$60.00	Linda W.	Studio 1
Zumba Gold	Tue	11:15 AM	12:00 PM	Sep 1	Oct 13	Oct 20	\$16.00	\$60.00	Grace C.	Gym C
Zumba	Wed	5:30 PM	6:20 PM	Sep 2	Oct 21	Oct 14	\$14.00	\$52.50	Karen S	Gym C

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	End	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Sep 1	Oct 13	Oct 20	\$16.00	\$60.00	Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Sep 3	Oct 22		\$16.00	\$60.00	Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Sep 1	Oct 13	Oct 20	\$16.00	\$60.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Sep 3	Oct 22		\$16.00	\$60.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:00 AM	Sep 4	Oct 23		\$16.00	\$60.00	Sarah G.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Aug 31	Oct 19	Sep 7	\$16.00	\$60.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Sep 3	Oct 22		\$16.00	\$60.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Sep 4	Oct 23		\$16.00	\$60.00	Abby B.	Gym. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Aug 31	Oct 19	Sep 7	\$24.00	\$60.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Sep 2	Oct 21		\$24.00	\$60.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Sep 2	Oct 21		\$16.00	\$60.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Sep 2	Oct 21		\$16.00	\$60.00	Jen L.	Studio 2/3
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Sep 2	Oct 21		FREE	\$60.00	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sep 2	Oct 21		FREE	\$60.00	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sep 3	Oct 22		FREE	\$60.00	Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sep 4	Oct 23		FREE	\$60.00	Abby B.	Gym A/B
Starter Fit	Tue	9:45 AM	10:30 AM	Sep 1	Oct 20		\$36.00	---	Maggie S.	Well. Ctr.
Starter Fit	Thu	1:00 PM	1:45 PM	Sep 3	Oct 22		\$36.00	---	Maggie S.	
TRX® Band Small Group Training	Mon	9:30 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$36.00	---	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Tue	5:15 PM	5:45 PM	Sep 1	Oct 20		\$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	8:00 AM	8:30 AM	Sep 2	Oct 21		\$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Sep 2	Oct 21		\$36.00	---	Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:00 AM	10:30 AM	Sep 3	Oct 22		\$36.00	---	Kristi W.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Angie O.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Sep 2	Oct 21		\$36.00	\$72.00	Prisca F.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	6:15 PM	7:00 PM	Sep 2	Oct 21		\$36.00	\$72.00	Maggie S.	Well. Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Sep 5	Sep 5		FREE		Anna T.	Well Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Oct 3	Oct 3		FREE		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	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Debbie B.	Comp. Pool
👉	Aqualite	Tue	8:45 AM	9:30 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Mary Y.	Comp. Pool
👉	Aqualite	Wed	8:45 AM	9:30 AM	Sep 2	Oct 21		FREE	\$60.00	Dora L./Alice F.	Comp. Pool
👉	Aqualite	Thu	8:45 AM	9:30 AM	Sep 3	Oct 22		FREE	\$60.00	Mary Y.	Comp. Pool
👉	Aqualite	Fri	8:45 AM	9:30 AM	Sep 4	Oct 23		FREE	\$60.00	Makayla T.	Comp. Pool
👉	Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Aug 31	Oct 21	Sep 7	\$16.00	\$32.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool
	H2O Boot Camp	Wed	7:45 AM	8:30 AM	Sep 2	Oct 21		\$16.00	\$60.00	Sarah G.	Comp. Pool
	Over Your Head	Tue	7:45 AM	8:30 AM	Sep 1	Oct 13	Oct 20	\$16.00	\$60.00	Mary Claire M.	Comp. Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Sep 2	Oct 21		\$16.00	\$60.00	Julie D.	Comp. Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Sep 3	Oct 22		\$16.00	\$60.00	Sarah G.	Comp. Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Sep 4	Oct 23		\$16.00	\$60.00	Margaret G.	Comp. Pool
👉	Twinges	Mon	9:30 AM	10:15 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Lori S.	Rec. Pool

Twinges	Tue	8:30 AM	9:15 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Sep 2	Oct 21		FREE	\$60.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Sep 3	Oct 22		FREE	\$60.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 4	Oct 23		FREE	\$60.00	Alice F.	Rec. Pool
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Sep 3	Oct 22	Oct 1	\$31.50	\$63.00	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	Aug 31	Oct 21	Sep 7	\$16.00	\$32.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool
NEW Balance and Mobility (FREE TRY IT)	Tue	11:30 AM	12:15 PM	Oct 6	Oct 6		FREE	FREE	Becky A.	Studio 1
NEW Balance and Mobility (FREE TRY IT)	Tue	11:30 AM	12:15 PM	Oct 13	Oct 13		FREE	FREE	Becky A.	Studio 1
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sep 1	Oct 22	Oct 20	\$16.00	\$32.00	Laurie T./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Becky A.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Sep 3	Oct 22		FREE	\$60.00	Judy S.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00	2:15	Sep 1	Nov 19		FREE	FREE	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Sep 1	Oct 20		FREE	\$60.00	Abby B./ Matt O.	Well. Ctr.
M.IN.D.	Tue	12:30 PM	2:00 PM	Sep 1	Oct 6		FREE	FREE	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	Sep 2	Oct 21		\$16.00	\$60.00	Suzanne H.	Studio 1
Rock Steady Boxing (Parkinson's)	M/W	1:15 PM	2:15 PM	Monthly		Sep 7	\$45.00	\$75.00	Abby B. / Matt O. / Scott G.	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	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Sep 2	Oct 21		FREE	\$60.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Sep 3	Oct 22		FREE	\$60.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 4	Oct 23		FREE	\$60.00	Alice F.	Rec. Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Sep 1	Nov 24	Oct 20	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Oct 6	Dec 29	Oct 20	\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Sep 1	Oct 13	Oct 20	\$24.00	\$60.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Sep 1	Oct 13	Oct 20	\$24.00	\$60.00	Tess J.	Comm. Rm.
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Sep 16	Sep 16		\$10.00	\$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Sep 23	Sep 23		\$10.00	\$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Oct 14	Oct 14		\$10.00	\$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Oct 21	Oct 21		\$10.00	\$10.00	Rebecca B.	Underground
Fermentation & Pickling	Sat	9:00 AM	10:30 AM				\$35.00	\$70.00	Annette V.	Kitchen
Preserving the Season	Sat	9:00 AM	11:30 AM				\$35.00	\$70.00	Annette V.	Kitchen
Summer Salads, Salsas and Microgreens	Sat	9:00 AM	10:30 AM				\$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
Adult Swim Lessons	Tue	3:45 PM	4:20 PM	Sep 1	Oct 13		\$35.00	\$70.00	John W.	Rec./Comp.
Adult Swim Lessons	Wed	9:00 AM	9:35 AM	Sep 2	Oct 14		\$35.00	\$70.00	Arie H.	Rec./Comp.
Underwater Hockey -							\$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 -							\$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	INST	LOC
-------	-------	-----	-------	-----	----------	------	-----

Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+ yr	11:00 AM	12:00 PM	Aug 18	Aug 21	\$325.00	Free Course and Y Membership when you join our Team	Byron F.	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			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	Annette V.	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