



# 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 |          |          |       |        |          | <b>FREE</b> | \$60.00 | Sarah G./<br>Mary Claire M. | Virtual |
| Land Arthritis          | Tue                                                        | 10:30 AM | 11:15 AM | Sep 1 | Oct 13 | Oct 20   | <b>FREE</b> | \$60.00 | Becky A.                    | Virtual |
| Silver Sneakers Classic | Previously recorded classes available! Register to receive |          |          |       |        |          | <b>FREE</b> | \$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)   | <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 | 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)   | <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        |
|--------------------------------|-----|----------|----------|--------|--------|----------|---------|-------|-----------|------------|
| 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    | <b>FREE</b> | ---   | Markanique W. | Well. Ctr. |
| Sprint 8 | Wed | 5:30 PM  | 6:00 PM  | Sep 2  | Oct 21 |          | <b>FREE</b> | ---   | Scott G.      | Well. Ctr. |
| Sprint 8 | Wed | 9:30 AM  | 10:00 AM | Sep 2  | Oct 21 |          | <b>FREE</b> | ---   | Kristi W.     | Well. Ctr. |

|     |                             |     |          |          |        |        |       |             |         |           |            |
|-----|-----------------------------|-----|----------|----------|--------|--------|-------|-------------|---------|-----------|------------|
| 349 | Sprint 8                    | Thu | 11:30 AM | 12:00 PM | Sep 3  | Oct 22 |       | <b>FREE</b> | ---     | 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  |       | <b>FREE</b> |         | Anna T.   | Well Ctr.  |
|     | W3 (Women/Weights/Wellness) | Sat | 9:00 AM  | 10:00 AM | Oct 3  | Oct 3  |       | <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        | -              | -              | Aug 31       | Oct 24        | Sep 5<br>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        |
| <b>POWER</b>                                 | <b>Tue</b> | <b>5:15 PM</b> | <b>6:15 PM</b> | <b>Sep-1</b> | <b>Oct-20</b> |                | <b>\$52.00</b> | <b>\$104.00</b> | <b>Joe B.</b>        | <b>S.P. Field</b> |
| 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./<br>Scott G. | S.P. Field        |

## BODY, MIND & SPIRIT

| CLASS                    | DAY  | START    | END      | START  | END    | NO CLASS | MEMBER  | COMM.   | INST                 | LOC        |
|--------------------------|------|----------|----------|--------|--------|----------|---------|---------|----------------------|------------|
| 352 Meditation-Beginner  | Wed  | 9:30 AM  | 10:45 AM | Sep 2  | Oct 21 |          | \$36.00 | \$72.00 | Sara O.              | Mtg. Room  |
| 353 Meditation-Guided    | Tue  | 8:00 AM  | 8:45 AM  | Sep 1  | Oct 13 | Oct 20   | \$36.00 | \$72.00 | Sara O.              | Mtg. Room  |
| 354 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 |
| 355 Tai-Chi-Movement     | Thu  | 5:45 PM  | 6:45 PM  | Sep-3  | Oct-22 |          | \$36.00 | \$72.00 | Chris E./<br>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   |
| 356 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   |
| 357 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  | <b>FREE</b>    | \$180.00       | April M./<br>Ellen K./Jon S. | Gym A/B    |
| Healthy Choice          | Mon   | 8:00 AM  | 9:00 AM  | Aug 31 | Oct 19 | Sep 7  | <b>FREE</b>    | \$60.00        | Mary Claire M.               | Gym A/B    |
| Healthy Choice          | Tue   | 9:00 AM  | 10:00 AM | Sep 1  | Oct 13 | Oct 20 | <b>FREE</b>    | \$60.00        | Amy A./<br>Sarah G.          | Gym A/B    |
| Healthy Choice          | Wed   | 8:00 AM  | 9:00 AM  | Sep 2  | Oct 21 |        | <b>FREE</b>    | \$60.00        | Mary Claire M.               | Gym A/B    |
| Healthy Choice-Beginner | Thu   | 9:00 AM  | 10:00 AM | Sep 3  | Oct 22 |        | <b>FREE</b>    | \$60.00        | Linda W.                     | Gym A/B    |
| Healthy Choice          | Fri   | 8:00 AM  | 9:00 AM  | Sep 4  | Oct 23 |        | <b>FREE</b>    | \$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  | <b>FREE</b>    | ---            | Markanique W.                | Well. Ctr. |
| Sprint 8                | Wed   | 5:30 PM  | 6:00 PM  | Sep 2  | Oct 21 |        | <b>FREE</b>    | ---            | Scott G.                     | Well. Ctr. |
| Sprint 8                | Wed   | 9:30 AM  | 10:00 AM | Sep 2  | Oct 21 |        | <b>FREE</b>    | ---            | Kristi W.                    | Well. Ctr. |
| Sprint 8                | Thu   | 11:30 AM | 12:00 PM | Sep 3  | Oct 22 |        | <b>FREE</b>    | ---            | Matt O.                      | Well. Ctr. |
| Step                    | Mon   | 8:00 AM  | 9:00 AM  | Aug 31 | Oct 19 | Sep 7  | <b>FREE</b>    | \$60.00        | Stephanie K.                 | Studio 2   |
| Step                    | Fri   | 8:00 AM  | 9:00 AM  | Sep 4  | Oct 23 |        | <b>FREE</b>    | \$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 | <b>\$14.00</b> | <b>\$52.50</b> | <b>Karen S.</b>              | 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 | <b>Sarah G.</b> | Studio 2/3       |
| Flex Power                     | Thu | 5:15 AM  | 6:00 AM  | Sep 3  | Oct 22 |          | \$16.00     | \$60.00 | <b>Sarah G.</b> | 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    | <b>FREE</b> | \$60.00 | Abby B.         | Gym C            |
| Silver Sneakers BOOM MUSCLE    | Wed | 9:00 AM  | 9:45 AM  | Sep 2  | Oct 21 |          | <b>FREE</b> | \$60.00 | Abby B.         | Gym C            |
| Silver Sneakers Classic        | Mon | 10:30 AM | 11:15 AM | Aug 31 | Oct 19 | Sep 7    | <b>FREE</b> | \$60.00 | Judy S.         | Gym A/B          |
| Silver Sneakers Classic        | Tue | 8:00 AM  | 8:45 AM  | Sep 1  | Oct 13 | Oct 20   | <b>FREE</b> | \$60.00 | Linda W.        | Gym A/B          |
| Silver Sneakers Classic        | Wed | 10:30 AM | 11:15 AM | Sep 2  | Oct 21 |          | <b>FREE</b> | \$60.00 | Linda W.        | Gym A/B          |
| Silver Sneakers Classic        | Thu | 8:00 AM  | 8:45 AM  | Sep 3  | Oct 22 |          | <b>FREE</b> | \$60.00 | Deb M.          | Gym A/B          |
| Silver Sneakers Classic        | Fri | 9:15 AM  | 10:00 AM | Sep 4  | Oct 23 |          | <b>FREE</b> | \$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 | <b>Angie O.</b> | 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  |          | <b>FREE</b> |         | <b>Anna T.</b>  | <b>Well Ctr.</b> |
| W3 (Women/Weights/Wellness)    | Sat | 9:00 AM  | 10:00 AM | Oct 3  | Oct 3  |          | <b>FREE</b> |         | <b>Anna T.</b>  | <b>Well Ctr.</b> |

## 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./<br>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 | <b>FREE</b> | \$60.00 | Mary T.  | Rec. Pool |
| Twinges   | Wed | 9:30 AM | 10:15 AM | Sep 2 | Oct 21 |        | <b>FREE</b> | \$60.00 | Judy S.  | Rec. Pool |
| Twinges   | Thu | 8:30 AM | 9:15 AM  | Sep 3 | Oct 22 |        | <b>FREE</b> | \$60.00 | Nina H.  | Rec. Pool |
| Twinges   | Fri | 9:30 AM | 10:15 AM | Sep 4 | Oct 23 |        | <b>FREE</b> | \$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  |          | <b>FREE</b> | <b>FREE</b> | Becky A.                         | Studio 1    |
| NEW Balance and Mobility (FREE TRY IT)       | Tue  | 11:30 AM                                 | 12:15 PM | Oct 13  | Oct 13 |          | <b>FREE</b> | <b>FREE</b> | 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   | <b>FREE</b> | \$60.00     | Becky A.                         | Studio 2/3  |
| Land Arthritis                               | Thu  | 10:30 AM                                 | 11:15 AM | Sep 3   | Oct 22 |          | <b>FREE</b> | \$60.00     | Judy S.                          | Studio 2/3  |
| LIVESTRONG® at the YMCA                      | T/Th | 1:00                                     | 2:15     | Sep 1   | Nov 19 |          | <b>FREE</b> | <b>FREE</b> | Abby B./ Matt O.                 | Studio 1    |
| STAYSTRONG                                   | Tue  | 1:30 PM                                  | 2:15 PM  | Sep 1   | Oct 20 |          | <b>FREE</b> | \$60.00     | Abby B./ Matt O.                 | Well. Ctr.  |
| M.IN.D.                                      | Tue  | 12:30 PM                                 | 2:00 PM  | Sep 1   | Oct 6  |          | <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 | 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    | <b>FREE</b> | \$60.00     | Lori S.                          | Rec. Pool   |
| Twinges                                      | Tue  | 8:30 AM                                  | 9:15 AM  | Sep 1   | Oct 13 | Oct 20   | <b>FREE</b> | \$60.00     | Mary T.                          | Rec. Pool   |
| Twinges                                      | Wed  | 9:30 AM                                  | 10:15 AM | Sep 2   | Oct 21 |          | <b>FREE</b> | \$60.00     | Judy S.                          | Rec. Pool   |
| Twinges                                      | Thu  | 8:30 AM                                  | 9:15 AM  | Sep 3   | Oct 22 |          | <b>FREE</b> | \$60.00     | Nina H.                          | Rec. Pool   |
| Twinges                                      | Fri  | 9:30 AM                                  | 10:15 AM | Sep 4   | Oct 23 |          | <b>FREE</b> | \$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 -<br><i>MUST attend all class sessions</i> | 15+ yr | 11:00 AM | 12:00 PM | Aug 18 | Aug 21 | \$325.00 | Free Course<br>and Y<br>Membership<br>when you join<br>our Team | Byron F. | Rec./Comp. &<br>Meeting Rm. |
|-----------------------------------------------------------------------------|--------|----------|----------|--------|--------|----------|-----------------------------------------------------------------|----------|-----------------------------|

## SOCIAL ENGAGEMENT

| CLASS                   | DAY | START    | END      | START                         | END | NO CLASS | MEMBER      | COMM.       | INST       | LOC           |
|-------------------------|-----|----------|----------|-------------------------------|-----|----------|-------------|-------------|------------|---------------|
| Mahjonn                 | Fri | 10:30 AM | 12:00 PM | Open Play Every<br>Friday     |     |          | <b>FREE</b> | <b>FREE</b> |            | Social Lounge |
| Cribbage/Card Play      | Wed | 1:00 PM  | 3:00 PM  | Open Play Every<br>Wednesday  |     |          | <b>FREE</b> | <b>FREE</b> |            | Social Lounge |
| Page Turners Book Club  | Thu | 11:45 AM | 1:00 PM  | 3rd Thursday of the<br>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<br>the month |     |          | <b>FREE</b> | <b>FREE</b> |            | Comm. Rm.     |
| WomenHeart              | Thu | 9:00 AM  | 10:30 AM | 3rd Thursday of the<br>month  |     |          | <b>FREE</b> | <b>FREE</b> |            | Mtg. Room     |
| Tech Talks with Quantum | Wed | 11:00 AM | 12:00 PM | 1st Wednesday of<br>the month |     |          | <b>FREE</b> | <b>FREE</b> |            | Meeting Room  |