FALL 2 – GROUP PROGRAMS

F226 • October 26 – December 20, 2026

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	Oct 29	Dec 17	Nov 26	$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	Oct 27	Dec 15		**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	Dec 1	Mar 2	Jan 26 Feb 2	$100.00	$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 5	Apr 6	Jan 26 Feb 2	$100.00	$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Oct 27	Dec 15		$16.00	$60.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Oct 27	Dec 15		$16.00	$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
~~Pickleball Strength & Agility~~	~~Wed~~	~~10:15 AM~~	~~11:00 AM~~	~~Oct 28~~	~~Dec 16~~		~~$65.00~~	~~—~~	~~Matt O.~~	~~Well. Ctr.~~
TRX® Band Small Group Training	Mon	9:30 AM	10:00 AM	Oct 26	Dec 14		$36.00	---	Scott G./Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Tue	5:15 PM	5:45 PM	Oct 27	Dec 15		$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	8:00 AM	8:30 AM	Oct 28	Dec 16		$36.00	---	Julie W.	Well. Ctr.
~~TRX® Band Small Group Training~~	~~Wed~~	~~11:15 AM~~	~~11:45 AM~~	~~Oct 28~~	~~Dec 16~~		~~$36.00~~	~~—~~	~~Prisca F.~~	~~Well. Ctr.~~
TRX® Band Small Group Training	Thu	8:15 AM	8:45 AM	Oct 29	Dec 17	Nov 26	$36.00	---	Kristi W.	Well. Ctr.
TRX® Band Small Group Training	Fri	8:15 AM	8:45 AM	Oct 30	Dec 18	Nov 27	$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	Oct 26	Dec 14		**FREE**	---	Markanique W.	Well. Ctr.
~~Sprint 8~~	~~Wed~~	~~10:00 AM~~	~~10:30 AM~~	~~Oct 28~~	~~Dec 16~~		~~**FREE**~~	~~---~~	~~Kristi W.~~	~~Well. Ctr.~~
Sprint 8	Wed	5:30 PM	6:00 PM	Oct 28	Dec 16		**FREE**	---	Scott G.	Well. Ctr.
~~Sprint 8~~	~~Thu~~	~~11:30 AM~~	~~12:00 PM~~	~~Oct 29~~	~~Dec 17~~	~~Nov 26~~	~~**FREE**~~	~~---~~	~~Matt O.~~	~~Well. Ctr.~~
~~Starter Fit~~	~~Tue~~	~~9:45 AM~~	~~10:30 AM~~	~~Oct 27~~	~~Dec 15~~		~~$36.00~~	~~---~~	~~Matt O.~~	~~Well. Ctr.~~
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Oct 26	Dec 14		$36.00	$72.00	Angie O.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Oct 28	Dec 16		$36.00	$72.00	Prisca F.	Well. Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Nov 7			**FREE**		Anna T.	Well Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Dec 5			**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	-	-	Oct 26	Dec 19	Nov 26 Nov 27 Nov 28	$115.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Oct 26	Dec 14		$52.00	$104.00	Angie O./Lucas S.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Oct 27	Dec 15		$52.00	$104.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Oct 27	Dec 15		$52.00	$104.00	Lizzy A.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Oct 28	Dec 16		$52.00	$104.00	Angie O.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Oct 28	Dec 16		$52.00	$104.00	STAFF	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Oct 29	Dec 17	Nov 26	$52.00	$104.00	Abby B.	S.P. Field
POWER	Thu	5:15 PM	6:15 PM	Oct 29	Dec 17	Nov 26	$52.00	$104.00	Scott G.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Oct 30	Dec 18	Nov 27	$52.00	$104.00	Angie O.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Oct 31	Dec 19	Nov 28	$52.00	$104.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Oct 28	Dec 16		$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
~~Meditation-Beginner~~	~~Wed~~	~~9:30 AM~~	~~10:45 AM~~	~~Oct 28~~	~~Dec 16~~		~~$36.00~~	~~$72.00~~	~~Sara O.~~	~~Mtg. Room~~
Meditation-Guided	Tue	8:00 AM	8:45 AM	Oct 27	Dec 15		$36.00	$72.00	Sara O.	Mtg. Room
Meditation-Guided	Wed	8:30 AM	9:15 AM	Oct 28	Dec 16		$36.00	$72.00	Sara O.	Mtg. Room
Pilates	Mon	9:15 AM	10:00 AM	Oct 26	Dec 14		$36.00	$72.00	Deb M.	Studio 2/3
Pilates	Mon	6:00 PM	6:45 PM	Oct 26	Dec 14		$36.00	$72.00	Kendi D.	Studio 3
Pilates	Tue	5:15 PM	6:00 PM	Oct 27	Dec 15		$36.00	$72.00	Luke T.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Oct 28	Dec 16		$36.00	$72.00	Luke T.	Studio 2/3
Pilates	Thur	6:05 PM	6:50 PM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Elise D.	Studio 3
Pilates	Fri	8:15 AM	9:00 AM	Oct 30	Dec 18	Nov 27	$36.00	$72.00	Tonya F.	Studio 2/3
Tai Chi Movement	Mon	10:15 AM	11:15 AM	Oct 26	Dec 14		$36.00	$72.00	Deb M.	Studio 3
~~Tai Chi Movement~~	~~Thu~~	~~5:45 PM~~	~~6:45 PM~~	~~Oct 29~~	~~Dec 16~~	~~Nov 26~~	~~$36.00~~	~~$72.00~~	~~Chris E.~~	~~Studio 1~~
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Oct 29	Dec 16	Nov 26	$36.00	$72.00	Nina H.	Rec. Pool
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Oct 26	Dec 14		$36.00	$72.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Oct 28	Dec 16		$36.00	$72.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 26	Dec 14		$36.00	$72.00	Suzanne H.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Oct 26	Dec 14		$36.00	$72.00	Prem L.	Studio 1
Yoga-For Pain Relief	Tue	10:30 AM	11:15 AM	Oct 27	Dec 15		$36.00	$72.00	Deb M.	Studio 1
Yoga-Vinyasa	Mon	6:00 AM	6:50 AM	Oct 26	Dec 14		$36.00	$72.00	Jan M.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Oct 26	Dec 14		$36.00	$72.00	Ashley A.	Studio 1
Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Oct 27	Dec 15		$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	Oct 28	Dec 16		$16.00	$60.00	Ellen K.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Oct 26	Dec 14		$24.00	$60.00	Sarah G./Staff	Studio 2/3
Cycle	Mon	6:10 PM	6:40 PM	Oct 26	Dec 14		$24.00	$60.00	Joe B.	Studio 2
Cycle	Tue	8:00 AM	8:40 AM	Oct 27	Dec 15		$24.00	$60.00	Sarah G.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Oct 29	Dec 17	Nov 26	$24.00	$60.00	Stephanie K.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Oct 29	Dec 17	Nov 26	$24.00	$60.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Oct 30	Dec 18	Nov 27	$24.00	$60.00	Sarah G./Staff	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Oct 26	Dec 14		$16.00	$60.00	Jane B.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Oct 26	Dec 18	Nov 27	**FREE**	$180.00	Ellen K./ Renee S. Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Oct 26	Dec 14		**FREE**	$60.00	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 27	Dec 15		**FREE**	$60.00	Amy A.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Oct 28	Dec 16		**FREE**	$60.00	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Oct 26	Dec 14		$16.00	$60.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Jen L.	Studio 2
Line Dancing	Thu	11:15 AM	12:00 PM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Grace C.	Gym C
Line Dancing	Thu	5:30 PM	6:15 PM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Ashley E.	Gym C
Sprint 8	Mon	11:30 AM	12:00 PM	Oct 26	Dec 14		**FREE**	---	Markanique W.	Well. Ctr.
~~Sprint 8~~	~~Wed~~	~~10:00 AM~~	~~10:30 AM~~	~~Oct 28~~	~~Dec 16~~		~~**FREE**~~	~~---~~	~~Kristi W.~~	~~Well. Ctr.~~
Sprint 8	Wed	5:30 PM	6:00 PM	Oct 28	Dec 16		**FREE**	---	Scott G.	Well. Ctr.
~~Sprint 8~~	~~Thu~~	~~11:30 AM~~	~~12:00 PM~~	~~Oct 29~~	~~Dec 17~~	~~Nov 26~~	~~**FREE**~~	~~---~~	~~Matt O.~~	~~Well. Ctr.~~
Step	Mon	8:00 AM	9:00 AM	Oct 26	Dec 14		**FREE**	$60.00	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Linda W.	Studio 1
Zumba	Wed	5:30 PM	6:20 PM	Oct 28	Dec 16	Nov 25	$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	Oct 27	Dec 15	Dec 8	$16.00	$60.00	Micaela I.	Studio 2/3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Oct 27	Dec 15		$16.00	$60.00	Julie W.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Sarah G.	Studio 2/3
Flex Power	Fri	9:15 AM	10:00 AM	Oct 30	Dec 18	Nov 27	$16.00	$60.00	Sarah G.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 26	Dec 14		$16.00	$60.00	Dwight Z.	Gymn. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Mary Claire M.	Gymn. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Oct 30	Dec 18	Nov 27	$16.00	$60.00	Abby B.	Gymn. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Oct 26	Dec 14		$24.00	$60.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Oct 28	Dec 16		$24.00	$60.00	Mike M.	Gym A/B
Pickleball Strength & Agility	Wed	10:15 AM	11:00 AM	Oct 28	Dec 16		$65.00	--	Matt O.	Well. Ctr.
RIP	Wed	9:00 AM	10:00 AM	Oct 28	Dec 16		$16.00	$60.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Oct 28	Dec 16		$16.00	$60.00	Jen L.	Studio 2/3
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 26	Dec 14		**FREE**	$60.00	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Oct 28	Dec 16		**FREE**	$60.00	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 26	Dec 14		**FREE**	$60.00	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 27	Dec 15		**FREE**	$60.00	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Oct 28	Dec 16		**FREE**	$60.00	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Abby B.	Gym A/B
Starter Fit	Tue	9:45 AM	10:30 AM	Oct 27	Dec 15		$36.00	---	Matt O.	Well. Ctr.
TRX® Band Small Group Training	Mon	9:30 AM	10:00 AM	Oct 26	Dec 14		$36.00	---	Scott G.	Well. Ctr.
TRX® Band Small Group Training	Tue	5:15 PM	5:45 PM	Oct 27	Dec 15		$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	8:00 AM	8:30 AM	Oct 28	Dec 16		$36.00	---	Julie W.	Well. Ctr.
TRX® Band Small Group Training	Wed	11:15 AM	11:45 AM	Oct 28	Dec 16		$36.00	---	Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	8:15 AM	8:45 AM	Oct 29	Dec 17	Nov 26	$36.00	---	Kristi W.	Well. Ctr.
TRX® Band Small Group Training	Fri	8:15 AM	8:45 AM	Oct 30	Dec 18	Nov 27	$36.00	---	Kristi W.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Oct 26	Dec 14		$36.00	$72.00	Angie O.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Oct 28	Dec 16		$36.00	$72.00	Prisca F.	Well. Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Nov 7			**FREE**		Anna T.	Well. Ctr.
W3 (Women/Weights/Wellness)	Sat	9:00 AM	10:00 AM	Dec 5			**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	Oct 26	Dec 14		**FREE**	$60.00	Debbie B.	Comp. Pool
Aqualite	Tue	8:45 AM	9:30 AM	Oct 27	Dec 15		**FREE**	$60.00	Mary Y.	Comp. Pool
Aqualite	Wed	8:45 AM	9:30 AM	Oct 28	Dec 16		**FREE**	$60.00	Dora L./Alice F.	Comp. Pool
Aqualite	Thu	8:45 AM	9:30 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Mary Y.	Comp. Pool
Aqualite	Fri	8:45 AM	9:30 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Makayla T.	Comp. Pool
Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Oct 26	Dec 16		$16.00	$32.00	Mary Claire M./ Sarah G./DCMC	Rec. Pool
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Oct 28	Dec 16		$16.00	$60.00	Sarah G.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Oct 27	Dec 15		$16.00	$60.00	Mary Claire M.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Oct 28	Dec 16		$16.00	$60.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Oct 29	Dec 17	Nov 26	$16.00	$60.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Oct 30	Dec 18	Nov 27	$16.00	$60.00	Margaret G.	Comp. Pool
Twinges	Mon	9:30 AM	10:15 AM	Oct 26	Dec 14		**FREE**	$60.00	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Oct 27	Dec 15		**FREE**	$60.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Oct 28	Dec 16		**FREE**	$60.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Alice F.	Rec. Pool
Yoga-Aqua	Thu	9:30 AM	10:30 AM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	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	Oct 26	Dec 16		$16.00	$32.00	Mary Claire M./ Sarah G./DCMC	Rec. Pool
NEW Balance and Mobility	Tue	11:30 AM	12:15 PM	Oct 27	Dec 15		$36.00	$72.00	Becky A.	Studio 1
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Oct 27	Dec 17	Nov 26	$16.00	$32.00	Abby B./DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 27	Dec 15		**FREE**	$60.00	Becky A.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Judy S.	Studio 2/3
LIVE**STRONG**® at the YMCA	M/W	10:30 AM	11:45 AM	Nov 16	Feb 8	Dec 23	**FREE**	**FREE**	Abby B./ Matt O.	Studio 2
~~STAY**STRONG**~~	~~Tue~~	~~1:30 PM~~	~~2:15 PM~~	~~Oct 27~~	~~Dec 15~~		~~**FREE**~~	~~$60.00~~	~~Matt O.~~	~~Well. Ctr.~~
M.IN.D.	Tue	Contact Abby Baker for more information.					**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	Oct 28	Dec 16		$16.00	$60.00	Suzanne H.	Studio 1
Rock Steady Boxing (Parkinson's)	M/W	1:15 PM	2:15 PM	Monthly			$45.00	$75.00	Abby B./Matt O. Scott G.	Studio 1
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly		Nov 26 Dec 24	$45.00	$75.00	DCMC	Studio 2
Twinges	Mon	9:30 AM	10:15 AM	Oct 26	Dec 14		**FREE**	$60.00	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Oct 27	Dec 15		**FREE**	$60.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Oct 28	Dec 16		**FREE**	$60.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Oct 30	Dec 18	Nov 27	**FREE**	$60.00	Alice F.	Rec. Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Dec 1	Mar 2	Jan 26 Feb 2	$100.00	$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 5	Apr 5	Jan 26 Feb 2	$100.00	$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Oct 27	Dec 15		$16.00	$60.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Oct 27	Dec 15		$16.00	$60.00	Tess J.	Comm. Rm.
Art Exploration for Adults with Disablilities	Wed	1:00 PM	2:00 PM	Nov 11	Nov 11		$10.00	$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disablilities	Wed	1:00 PM	2:00 PM	Nov 18	Nov 18		$10.00	$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disablilities	Wed	1:00 PM	2:00 PM	Dec 9	Dec 9		$10.00	$10.00	Rebecca B.	Underground
Art Exploration for Adults with Disablilities	Wed	1:00 PM	2:00 PM	Dec 16	Dec 16		$10.00	$10.00	Rebecca B.	Underground
Lasagna Love Baking Kitchen Pop Up	Wed	9:00 AM	10:30 AM	Nov 4	Nov 4		**FREE**	**FREE**	Annette V.	Kitchen
Lasagna Love Baking Kitchen Pop Up	Wed	9:00 AM	10:30 AM	Dec 9	Dec 9		**FREE**	**FREE**	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	Fri	5:30 PM	6:45 PM	Oct 30	Dec 18	Nov 26	$44.00 for an 8-week session	$88.00 for an 8-week session	Kendall B.	Comp. Pool
Underwater Hockey	Sun	11:15 AM	12:45 PM	Nov 1	Dec 20	Nov 29	$44.00 for an 8-week session	$88.00 for an 8-week session	Kendall B.	Comp. Pool
Volleyball League	Mon	5:30 PM	8:30 PM	Nov 9	Mar 15		$325 per team		Staff	Gym A/B

LIFEGUARD CLASS

CLASS		START	END	START	END	NO CLASS			INST	LOC
Lifeguard Certification Training - *MUST attend all class sessions*	15+ yr						$325.00	**Free Course and Y Membership when you join our Team**		Rec./Comp. & Meeting Rm.

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Mahjongg	Thurs	10:30 AM	12:00 PM	Open Play Every Thursday			**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	Last Thursday of the month			**FREE**	**FREE**	Annette V.	Community Room
Together Days	Tue	11:30 AM	12:30 PM	See ForeverWell Newsletter			**FREE**	**FREE**		Community Room
Wisdom Wednesday	Wed	11:30 AM	12:30 PM	2nd Wednesday of the month			**FREE**	**FREE**		Community Room
WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month			**FREE**	**FREE**		Meeting Room
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month			**FREE**	**FREE**		Meeting Room