



# SP23 GROUP FITNESS

Spring 2023 • April 24 - June 18

Sturgeon Bay Program Center • 920.743.4949  
1900 Michigan St. Sturgeon Bay, WI 54235

## 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 24hrs 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     |
|--------------------------------|-----|----------|----------|--------|--------|--------------------|-------------|---------|----------------|---------|
| Healthy Choice                 | Tue | 9:00 AM  | 10:00 AM | Apr 25 | Jun 13 |                    | <b>FREE</b> | \$39.50 | Mary Claire M. | Virtual |
| Land Arthritis                 | Tue | 10:30 AM | 11:15 AM | Apr 25 | Jun 13 |                    | <b>FREE</b> | \$39.50 | Christine M.   | Virtual |
| LIVESTRONG® at the YMCA Alumni | Mon | 11:30 AM | 12:00 PM | Apr 24 | Jun 12 | May 29             | <b>FREE</b> | \$39.50 | Christine M.   | Virtual |
| Pilates                        | Wed | 8:00 AM  | 8:45 AM  | May 3  | Jun 14 | April 26<br>May 31 | \$31.50     | \$63.00 | Amber N.       | Virtual |
| Senior Strength                | Thu | 8:50 AM  | 9:25 AM  | Apr 27 | Jun 15 |                    | \$14.00     | \$56.00 | Mary Claire M. | Virtual |
| Silver Sneakers Classic        | Fri | 9:15 AM  | 10:00 AM | Apr 28 | Jun 16 |                    | <b>FREE</b> | \$39.50 | Abby T.        | Virtual |
| Step                           | Mon | 8:00 AM  | 9:00 AM  | Apr 24 | Jun 12 | May 29             | <b>FREE</b> | \$39.50 | Sarah G        | Virtual |
| Yoga-Beg/Int.                  | Wed | 9:00 AM  | 10:15 AM | Apr 26 | Jun 14 |                    | \$31.50     | \$63.00 | Suzanne H.     | Virtual |
| Yoga-Chair                     | Mon | 10:15 AM | 11:15 AM | Apr 24 | Jun 12 | May 29             | \$31.50     | \$63.00 | Suzanne H.     | 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       | \$55.00     | --    | --   | SB YMCA |
| (3) 60-minute or (6) 30-minute sessions of training   | \$150.00    | --    | --   | SB YMCA |
| (6) 60-minute or (12) 30-minute sessions of training  | \$285.00    | --    | --   | SB YMCA |
| (10) 60-minute or (20) 30-minute sessions of training | \$440.00    | --    | --   | SB YMCA |

## PERSONAL TRAINING

**VIRTUAL OPTIONS ARE ALSO AVAILABLE**

| 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       | \$55.00     | --    | --   | SB YMCA |
| (3) 60-minute or (6) 30-minute sessions of training   | \$150.00    | --    | --   | SB YMCA |
| (6) 60-minute or (12) 30-minute sessions of training  | \$285.00    | --    | --   | SB YMCA |
| (10) 60-minute or (20) 30-minute sessions of training | \$440.00    | --    | --   | SB YMCA |

## Technique Tune Up

| CLASS             | DAY | START    | END      | START  | END    | NO CLASS | MEMBER      | COMM. | INST   | LOC   |
|-------------------|-----|----------|----------|--------|--------|----------|-------------|-------|--------|-------|
| Technique Tune Up | Mon | 5:30 PM  | 6:30 PM  | Apr 24 | Jun 12 |          | <b>FREE</b> | N/A   | Eric B | Gym C |
| Technique Tune Up | Mon | 11:00 AM | 12:00 PM | Apr 24 | Jun 12 |          | <b>FREE</b> | N/A   | Aiden  | Gym C |
| Technique Tune Up | Fri | 9:00 AM  | 10:00 AM | Apr 28 | Jun 16 |          | <b>FREE</b> | N/A   | Aiden  | Gym C |

## \*\*SMALL GROUP PERSONAL TRAINING

| CLASS                               | DAY            | START              | END                | START             | END                | NO CLASS | MEMBER             | COMM. | INST               | LOC                 |
|-------------------------------------|----------------|--------------------|--------------------|-------------------|--------------------|----------|--------------------|-------|--------------------|---------------------|
| Small group (3-5 people)            | Mon            | 6:05 AM            | 6:45 AM            | Apr 24            | May 15             |          | \$65.00            |       | Laurie T.          | Pool                |
| Small group (3-5 people)            | Wed            | 6:05 AM            | 6:45 AM            | Apr 26            | May 17             |          | \$65.00            |       | Laurie T.          | Studio 1            |
| Small group (3-5 people)            | Fri            | 6:05 AM            | 6:45 AM            | Apr 28            | May 19             |          | \$65.00            |       | Laurie T.          | Studio 1            |
| <del>Small group (3-5 people)</del> | <del>Sat</del> | <del>7:30 AM</del> | <del>8:15 AM</del> | <del>Apr 29</del> | <del>May 20</del>  |          | <del>\$65.00</del> |       | <del>Kurt M.</del> | <del>Studio 1</del> |
|                                     |                |                    |                    |                   |                    |          |                    |       |                    |                     |
| Small group (3-5 people)            | Mon            | 6:05 AM            | 6:45 AM            | May 22            | June 12            | May 29   | \$49.00            |       | Laurie T.          | Pool                |
| Small group (3-5 people)            | Wed            | 6:05 AM            | 6:45 AM            | May 24            | June 14            |          | \$65.00            |       | Laurie T.          | Studio 1            |
| Small group (3-5 people)            | Fri            | 6:05 AM            | 6:45 AM            | May 26            | June 16            |          | \$65.00            |       | Laurie T.          | Studio 1            |
| <del>Small group (3-5 people)</del> | <del>Sat</del> | <del>7:30 AM</del> | <del>8:15 AM</del> | <del>May 27</del> | <del>June 17</del> |          | <del>\$65.00</del> |       | <del>Kurt M.</del> | <del>Studio 1</del> |

## BODY, MIND & SPIRIT

| CLASS             | DAY | START    | END      | START  | END    | NO CLASS          | MEMBER  | COMM.   | INST         | LOC          |
|-------------------|-----|----------|----------|--------|--------|-------------------|---------|---------|--------------|--------------|
| Pilates           | Mon | 6:00 PM  | 6:45 PM  | May 1  | Jun 12 | Apr 24<br>May 29  | \$24.00 | \$48.00 | Amber N.     | Studio 3     |
| Pilates           | Wed | 8:00 AM  | 8:45 AM  | May 3  | Jun 14 | Apr 26,<br>May 31 | \$31.50 | \$63.00 | Amber N.     | Studio 2/3   |
| Pilates           | Wed | 8:00 AM  | 8:45 AM  | May 3  | Jun 14 | Apr 26,<br>May 31 | \$31.50 | \$63.00 | Amber N.     | Virtual      |
| Pilates           | Fri | 8:30 AM  | 9:15 AM  | Apr 28 | Jun 16 |                   | \$31.50 | \$63.00 | Tonya F.     | Studio 2/3   |
| Raise the Barre   | Mon | 9:15 AM  | 10:00 AM | May 1  | Jun 12 | Apr 24,<br>May 29 | \$24.00 | \$48.00 | Amber N.     | Studio 2     |
| Raise the Barre   | Tue | 6:00 PM  | 6:45 PM  | May 2  | Jun 13 | Apr 25            | \$31.50 | \$63.00 | Amber N.     | Studio 3     |
| Tai Chi Movement  | Thu | 5:45 PM  | 6:45 PM  | Apr 27 | Jun 15 |                   | \$31.50 | \$63.00 | Chris E.     | Studio 3     |
| Yoga-Beg/Int.     | Mon | 8:45 AM  | 10:00 AM | Apr 24 | Jun 12 | May 29            | \$31.50 | \$63.00 | Dwight Z.    | Studio 1     |
| Yoga-Beg/Int.     | Wed | 9:00 AM  | 10:15 AM | Apr 26 | Jun 14 | May 31            | \$31.50 | \$63.00 | Suzanne H.   | Studio 1     |
| Yoga-Beg/Int.     | Wed | 9:00 AM  | 10:15 AM | Apr 26 | Jun 14 | May 31            | \$31.50 | \$63.00 | Suzanne H.   | Virtual      |
| Yoga-Beg/Int.     | Thu | 9:00 AM  | 10:15 AM | Apr 27 | Jun 15 |                   | \$31.50 | \$63.00 | Dwight Z.    | Studio 1     |
| Yoga-Chair        | Mon | 10:15 AM | 11:15 AM | Apr 24 | Jun 12 | May 29            | \$31.50 | \$63.00 | Suzanne H.   | Studio 1     |
| Yoga-Chair        | Mon | 10:15 AM | 11:15 AM | Apr 24 | Jun 12 | May 29            | \$31.50 | \$63.00 | Suzanne H.   | Virtual      |
| Yoga-Hatha        | Tue | 5:15 PM  | 6:15 PM  | Apr 25 | Jun 13 |                   | \$31.50 | \$63.00 | Priscilla F. | Studio 1     |
| Yoga-Swasthya     | Mon | 4:00 PM  | 5:15 PM  | Apr 24 | Jun 12 | May 29            | \$31.50 | \$63.00 | Prem L.      | Studio 1     |
| Saturday Scramble | Sat | 8:30 AM  | 9:15 AM  | Apr 29 | Jun 17 | May 13,<br>May 29 | \$14.00 | \$56.00 | Rotate       | Studio 1/2/3 |

## CARDIO

| CLASS              | DAY | START    | END      | START  | END    | NO CLASS                  | MEMBER  | COMM.   | INST      | LOC        |
|--------------------|-----|----------|----------|--------|--------|---------------------------|---------|---------|-----------|------------|
| Cardio/Core & More | Wed | 5:15 AM  | 5:50 AM  | Apr 26 | Jun 14 |                           | \$14.00 | \$56.00 | Laurie T. | Studio 2/3 |
| Intro to Cycle     | Wed | 10:15 AM | 10:45 AM | Apr 26 | Jun 14 | May 31                    | \$22.50 | \$56.00 | Abby T.   | Studio 2   |
| Cycle              | Mon | 5:15 AM  | 5:50 AM  | Apr 24 | Jun 12 | May 29                    | \$22.50 | \$56.00 | Laurie T. | Studio 2/3 |
| Cycle              | Mon | 6:00 PM  | 6:45 PM  | May 8  | Jun 12 | Apr 24<br>May 1<br>May 29 | \$14.50 | \$35.00 | Rachel B  | Studio 2   |
| Cycle              | Tue | 8:00 AM  | 9:00 AM  | Apr 25 | Jun 13 |                           | \$22.50 | \$56.00 | Sarah G.  | Studio 2   |

|                   |       |         |          |        |        |                  |             |         |                 |              |
|-------------------|-------|---------|----------|--------|--------|------------------|-------------|---------|-----------------|--------------|
| Cycle             | Tue   | 5:15 PM | 5:45 PM  | Apr 25 | Jun 13 |                  | \$22.50     | \$56.00 | Abby T.         | Studio 2     |
| Cycle             | Thu   | 8:00 AM | 9:00 AM  | Apr 27 | Jun 15 |                  | \$22.50     | \$56.00 | Heidi B.        | Studio 2     |
| Cycle             | Thu   | 6:00 PM | 6:30 PM  | Apr 27 | Jun 15 |                  | \$22.50     | \$56.00 | Jen L.          | Studio 2     |
| Cycle             | Fri   | 5:15 AM | 5:50 AM  | Apr 28 | Jun 16 |                  | \$22.50     | \$56.00 | Laurie T.       | Studio 2/3   |
| Dance Fit         | Mon   | 5:00 PM | 5:45 PM  | Apr 24 | Jun 12 | May 23<br>May 29 | \$10.50     | \$42.00 | Jane B.         | Studio 2     |
| Fit for Life      | M/W/F | 6:15 AM | 7:00 AM  | Apr 24 | Jun 16 | May 29           | <b>FREE</b> | \$96.00 | Ellen K./Jon S. | Gym A/B      |
| Healthy Choice    | Mon   | 8:00 AM | 9:00 AM  | Apr 24 | Jun 12 | May 29           | <b>FREE</b> | \$39.50 | Mary Claire M.  | Gym A/B      |
| Healthy Choice    | Tue   | 9:00 AM | 10:00 AM | Apr 25 | Jun 13 |                  | <b>FREE</b> | \$39.50 | Mary Claire M.  | Gym A/B      |
| Healthy Choice    | Tue   | 9:00 AM | 10:00 AM | Apr 25 | Jun 13 |                  | <b>FREE</b> | \$39.50 | Mary Claire M.  | Virtual      |
| Healthy Choice    | Wed   | 8:00 AM | 9:00 AM  | Apr 26 | Jun 14 | May 31           | <b>FREE</b> | \$39.50 | Mary Claire M.  | Gym A/B      |
| Healthy Choice    | Thu   | 9:00 AM | 10:00 AM | Apr 27 | Jun 15 |                  | <b>FREE</b> | \$39.50 | Linda W.        | Gym A/B      |
| Healthy Choice    | Fri   | 8:00 AM | 9:00 AM  | Apr 28 | Jun 16 |                  | <b>FREE</b> | \$39.50 | Sarah G.        | Gym A/B      |
| H.I.I.T.          | Mon   | 5:30 PM | 6:00 PM  | Apr 24 | Jun 12 | May 29           | \$14.00     | \$56.00 | Joe B.          | Studio 1     |
| H.I.I.T.          | Thu   | 5:15 PM | 5:45 PM  | Apr 27 | Jun 15 |                  | \$14.00     | \$56.00 | Jen L.          | Studio 2     |
| Step              | Mon   | 8:00 AM | 9:00 AM  | Apr 24 | Jun 12 | May 29           | <b>FREE</b> | \$39.50 | Sarah G.        | Studio 2     |
| Step              | Mon   | 8:00 AM | 9:00 AM  | Apr 24 | Jun 12 | May 29           | <b>FREE</b> | \$39.50 | Sarah G.        | Virtual      |
| Step              | Fri   | 8:00 AM | 9:00 AM  | Apr 28 | Jun 16 |                  | <b>FREE</b> | \$39.50 | Linda W.        | Studio 2     |
| Saturday Scramble | Sat   | 8:30 AM | 9:15 AM  | Apr 29 | Jun 17 | May 13           | \$14.50     | \$35.00 | Rotate          | Studio 1/2/3 |

## STRENGTH/CONDITIONING

| CLASS                   | DAY | START    | END      | START  | END    | NO CLASS         | MEMBER      | COMM.   | INST           | LOC          |
|-------------------------|-----|----------|----------|--------|--------|------------------|-------------|---------|----------------|--------------|
| Boot Camp               | Wed | 5:30 PM  | 6:30 PM  | Apr 26 | Jun 14 |                  | \$22.50     | \$56.00 | Eric B         | Gym A/B      |
| Essentrics              | Tue | 9:00 AM  | 9:45 AM  | Apr 25 | Jun 13 |                  | \$14.00     | \$56.00 | Micaela I.     | Studio 3     |
| Flex Power              | Tue | 5:15 AM  | 6:00 AM  | Apr 25 | Jun 13 |                  | \$14.00     | \$56.00 | Laurie T.      | Studio 2/3   |
| Flex Power              | Thu | 5:15 AM  | 6:00 AM  | Apr 27 | Jun 15 |                  | \$14.00     | \$56.00 | Laurie T.      | Studio 2/3   |
| Kettlebell              | Mon | 9:15 AM  | 10:15 AM | Apr 24 | Jun 12 | May 29           | \$22.50     | \$56.00 | Mike M.        | Gym A/B      |
| Kettlebell              | Wed | 9:15 AM  | 10:15 AM | Apr 26 | Jun 14 | May 31           | \$22.50     | \$56.00 | Mike M.        | Gym A/B      |
| Raise the Barre         | Mon | 9:15 AM  | 10:00 AM | May 1  | Jun 12 | Apr 24<br>May 29 | \$24.00     | \$48.00 | Amber N.       | Studio 2     |
| Raise the Barre         | Tue | 6:00 PM  | 6:45 PM  | May 2  | Jun 13 | Apr 25           | \$31.50     | \$63.00 | Amber N.       | Studio 3     |
| RIP                     | Wed | 9:00 AM  | 10:00 AM | Apr 26 | Jun 14 | May 31           | \$14.00     | \$56.00 | Sarah G.       | Studio 2/3   |
| RIP                     | Wed | 5:15 PM  | 6:15 PM  | Apr 26 | Jun 14 |                  | \$14.00     | \$56.00 | Jen L.         | Studio 2/3   |
| RIP                     | Fri | 9:30 AM  | 10:30 AM | Apr 28 | Jun 16 |                  | \$14.00     | \$56.00 | Sarah G.       | Studio 2/3   |
| Senior Strength         | Mon | 7:50 AM  | 8:25 AM  | Apr 24 | Jun 12 | May 29           | \$14.00     | \$56.00 | Dwight Z.      | Gym Ctr.     |
| Senior Strength         | Thu | 8:50 AM  | 9:25 AM  | Apr 27 | Jun 15 |                  | \$14.00     | \$56.00 | Mary Claire M. | Gym Ctr.     |
| Senior Strength         | Thu | 8:50 AM  | 9:25 AM  | Apr 27 | Jun 15 |                  | \$14.00     | \$56.00 | Mary Claire M. | Virtual      |
| Senior Strength         | Fri | 7:50 AM  | 8:25 AM  | Apr 28 | Jun 16 |                  | \$14.00     | \$56.00 | Abby T.        | Gym Ctr.     |
| Silver Sneakers Classic | Mon | 10:30 AM | 11:15 AM | Apr 24 | Jun 12 | May 29           | <b>FREE</b> | \$39.50 | Heidi B.       | Gym A/B      |
| Silver Sneakers Classic | Tue | 8:00 AM  | 8:45 AM  | Apr 25 | Jun 13 |                  | <b>FREE</b> | \$39.50 | Linda W.       | Gym A/B      |
| Silver Sneakers Classic | Wed | 10:30 AM | 11:15 AM | Apr 26 | Jun 14 | May 31           | <b>FREE</b> | \$39.50 | Sarah G.       | Gym A/B      |
| Silver Sneakers Classic | Thu | 8:00 AM  | 8:45 AM  | Apr 27 | Jun 15 |                  | <b>FREE</b> | \$39.50 | Christine M.   | Gym A/B      |
| Silver Sneakers Classic | Fri | 9:15 AM  | 10:00 AM | Apr 28 | Jun 16 |                  | <b>FREE</b> | \$39.50 | Abby T.        | Gym A/B      |
| Silver Sneakers Classic | Fri | 9:15 AM  | 10:00 AM | Apr 28 | Jun 16 |                  | <b>FREE</b> | \$39.50 | Abby T.        | Virtual      |
| Saturday Scramble       | Sat | 8:30 AM  | 9:15 AM  | Apr 29 | Jun 17 | May 13           | \$14.00     | \$56.00 | Rotate         | Studio 1/2/3 |
| Technique Tune Up       | Mon | 5:30 PM  | 6:30 PM  | Apr 24 | Jun 12 |                  | <b>FREE</b> | N/A     | Eric B         | Gym C        |
| Technique Tune Up       | Mon | 11:00 AM | 12:00 PM | Apr 24 | Jun 12 |                  | <b>FREE</b> | N/A     | Aiden          | Gym C        |
| Technique Tune Up       | Fri | 9:00 AM  | 10:00 AM | Apr 28 | Jun 16 |                  | <b>FREE</b> | N/A     | Aiden          | Gym C        |

## WATER FITNESS

| CLASS            | DAY | START    | END      | START  | END    | NO<br>CLASS | MEMBER      | COMM.   | INST                                 | LOC       |
|------------------|-----|----------|----------|--------|--------|-------------|-------------|---------|--------------------------------------|-----------|
| Aqualite         | Mon | 8:45 AM  | 9:30 AM  | Apr 24 | Jun 12 | May 29      | <b>FREE</b> | \$39.50 | Debbie B.                            | Comp Pool |
| Aqualite         | Tue | 8:45 AM  | 9:30 AM  | Apr 25 | Jun 13 |             | <b>FREE</b> | \$39.50 | Mary Y.                              | Comp Pool |
| Aqualite         | Wed | 8:45 AM  | 9:30 AM  | Apr 26 | Jun 14 |             | <b>FREE</b> | \$39.50 | Dora L.                              | Comp Pool |
| Aqualite         | Thu | 8:45 AM  | 9:30 AM  | Apr 27 | Jun 15 |             | <b>FREE</b> | \$39.50 | Mary Y.                              | Comp Pool |
| Aqualite         | Fri | 8:45 AM  | 9:30 AM  | Apr 28 | Jun 16 |             | <b>FREE</b> | \$39.50 | Makayla T.                           | Comp Pool |
| Aquatic Knee/Hip | M/W | 11:30 AM | 12:15 PM | Apr 24 | Jun 14 | May 29      | \$14.00     | \$28.00 | Mary Claire M.<br>/Sarah G.<br>/DCMC | Rec Pool  |
| Over Your Head   | Tue | 7:45 AM  | 8:30 AM  | Apr 25 | Jun 13 |             | \$14.00     | \$56.00 | Ann E.                               | Comp Pool |
| Over Your Head   | Wed | 5:30 AM  | 6:15 AM  | Apr 26 | Jun 14 |             | \$14.00     | \$56.00 | Julie D.                             | Comp Pool |
| Over Your Head   | Thu | 7:45 AM  | 8:30 AM  | Apr 27 | Jun 15 |             | \$14.00     | \$56.00 | Nicole S.                            | Comp Pool |
| Over Your Head   | Fri | 5:30 AM  | 6:15 AM  | Apr 28 | Jun 16 |             | \$14.00     | \$56.00 | Margaret G.                          | Comp Pool |
| Twinges          | Mon | 9:30 AM  | 10:15 AM | Apr 24 | Jun 12 | May 29      | <b>FREE</b> | \$39.50 | Ann E.                               | Rec Pool  |
| Twinges          | Tue | 8:30 AM  | 9:15 AM  | Apr 25 | Jun 13 |             | <b>FREE</b> | \$39.50 | Becky G.                             | Rec Pool  |
| Twinges          | Wed | 9:30 AM  | 10:15 AM | Apr 26 | Jun 14 |             | <b>FREE</b> | \$39.50 | Ann E.                               | Rec Pool  |
| Twinges          | Thu | 8:30 AM  | 9:15 AM  | Apr 27 | Jun 15 |             | <b>FREE</b> | \$39.50 | Becky G.                             | Rec Pool  |
| Twinges          | Fri | 9:30 AM  | 10:15 AM | Apr 28 | Jun 16 |             | <b>FREE</b> | \$39.50 | Ann E.                               | Rec Pool  |

**May 31st Senior Health & Wellness Day**-Keep your eyes open for more information. A morning with lectures from DCMC, free screenings available and a grab n go free lunch! Registration required.

## SPECIALTY PROGRAMS

| CLASS                                   | DAY  | START    | END      | START                           | END     | NO<br>CLASS | MEMBER      | COMM.       | INST                                 | LOC          |
|-----------------------------------------|------|----------|----------|---------------------------------|---------|-------------|-------------|-------------|--------------------------------------|--------------|
| Aquatic Knee & Hip Joint                | M/W  | 11:30 AM | 12:15 PM | Apr 24                          | Jun 14  | May 29      | \$14.00     | \$28.00     | Mary Claire M.<br>/Sarah G.<br>/DCMC | Rec Pool     |
| Knee & Hip Joint                        | T/Th | 11:45 AM | 12:30 PM | Apr 25                          | Jun 15  |             | \$14.00     | \$28.00     | Christine M.<br>/DCMC                | Studio 2&3   |
| Land Arthritis                          | Tue  | 10:30 AM | 11:15 AM | Apr 25                          | Jun 13  |             | <b>FREE</b> | \$39.50     | Christine M.                         | Studio 2&3   |
| Land Arthritis                          | Tue  | 10:30 AM | 11:15 AM | Apr 25                          | Jun 13  |             | <b>FREE</b> | \$39.50     | Christine M.                         | Virtual      |
| Land Arthritis                          | Thu  | 10:30 AM | 11:15 AM | Apr 27                          | Jun 15  |             | <b>FREE</b> | \$39.50     | Christine M.                         | Studio 2&3   |
| LIVE <b>STRONG</b> ® at the YMCA        | T/Th | 1:00 PM  | 2:15 PM  | Launch coming in June           |         |             | <b>FREE</b> | <b>FREE</b> | Abby T.                              | Studio 3     |
| LIVE <b>STRONG</b> ® at the YMCA Alumni | Mon  | 11:30 AM | 12:00 PM | Apr 24                          |         | May 29      | <b>FREE</b> | \$39.50     | Christine M.                         | Studio 3     |
| LIVE <b>STRONG</b> ® at the YMCA Alumni | Mon  | 11:30 AM | 12:00 PM | Apr 24                          |         | May 29      | <b>FREE</b> | \$39.50     | Christine M.                         | Virtual      |
| M.IN.D.                                 | Mon  | 1:00 PM  | 3:00 PM  | Call the Y for more information |         |             | <b>FREE</b> | <b>FREE</b> | Christine M./DCMC                    | Studio 2&3   |
| Moving For Better Balance               | T/Th | 9:15 AM  | 10:15 AM | Apr 25                          | July 18 |             | \$65.00     | \$85.00     | Christine M.<br>/Sarah G.            | Studio 2     |
| Moving For Better Balance Alumni        | Mon  | 10:30 AM | 11:00 AM | Apr 24                          | Jun 12  | May 29      | \$14.00     | \$28.00     | Sarah G.                             | Studio 1     |
| Parkinson's Exercise                    | T/Th | 2:15 PM  | 3:15 PM  | monthly                         |         |             | \$45.00     | \$75.00     | Christine M.<br>/DCMC                | Track /Gym C |
| Stepping On                             | Wed  | 1:00 PM  | 3:00 PM  | Call the Y for more information |         |             | <b>FREE</b> | <b>FREE</b> | Sarah G./April P.                    | ADRC         |
| Twinges                                 | Mon  | 9:30 AM  | 10:15 AM | Apr 24                          | Jun 12  | May 29      | <b>FREE</b> | \$39.50     | Ann E.                               | Rec Pool     |
| Twinges                                 | Tue  | 8:30 AM  | 9:15 AM  | Apr 25                          | Jun 13  |             | <b>FREE</b> | \$39.50     | Becky G.                             | Rec Pool     |
| Twinges                                 | Wed  | 9:30 AM  | 10:15 AM | Apr 26                          | Jun 14  |             | <b>FREE</b> | \$39.50     | Ann E.                               | Rec Pool     |
| Twinges                                 | Thu  | 8:30 AM  | 9:15 AM  | Apr 27                          | Jun 15  |             | <b>FREE</b> | \$39.50     | Becky G.                             | Rec Pool     |

|                         |     |          |          |        |        |  |             |         |         |             |
|-------------------------|-----|----------|----------|--------|--------|--|-------------|---------|---------|-------------|
| Twinges                 | Fri | 9:30 AM  | 10:15 AM | Apr 28 | Jun 16 |  | <b>FREE</b> | \$39.50 | Ann E.  | Rec Pool    |
| Y's Weight Loss Program | Tue | 10:00 AM | 11:00 AM | Apr 25 | Jul 11 |  | \$65.00     | \$85.00 | Tess J. | Meeting Rm. |

## ADULT RECREATION & SPORTS

| CLASS                                      | DAY        | START    | END     | START  | END    | NO CLASS | MEMBER                                                                     | COMM.        | INST      | LOC       |
|--------------------------------------------|------------|----------|---------|--------|--------|----------|----------------------------------------------------------------------------|--------------|-----------|-----------|
| Pickleball 101 (Pre-Registration Required) | Every Sat. | 7:00 AM  | 8:45 AM | Apr 29 | Jun 17 |          | <b>FREE</b>                                                                | <b>FREE</b>  | Bonnie R  | Gym A/B   |
| Pickleball All Levels                      | Mon        | 1:30 PM  | 3:15 PM | Apr 24 | Jun 12 |          | Members:\$5.00 per 8 week session<br>Community:\$105.00 per 8 week session |              |           | Gym A/B   |
| Pickleball All Levels                      | Tue        | 12:45 PM | 3:30 PM | Apr 25 | Jun 13 |          |                                                                            |              |           | Gym A/B   |
| Pickleball All Levels                      | Wed        | 1:00 PM  | 3:00 PM | Apr 26 | Jun 14 |          |                                                                            |              |           | Gym A/B   |
| Pickleball All Levels                      | Thu        | 12:45 PM | 2:30 PM | Apr 27 | Jun 15 |          |                                                                            |              |           | Gym A/B   |
| Pickleball All Levels                      | Fri        | 1:00 PM  | 4:00 PM | Apr 28 | Jun 16 |          |                                                                            |              |           | Gym A/B   |
| Pickleball Beginner                        | Sat        | 7:00 AM  | 8:45 AM | Apr 29 | Jun 17 |          |                                                                            |              |           | Gym A/B   |
| Pickleball All Levels                      | Sun        | 7:00 AM  | 9:00 AM | Apr 30 | Jun 18 |          |                                                                            |              |           | Gym A/B   |
| Underwater Hockey                          | Fri        | 5:00 PM  | 6:45 PM | Apr 28 | Jun 16 |          | \$42.00 for 7wk session;<br>\$7.00 per day                                 | \$15 per day | Kendall B | Comp Pool |
| Underwater Hockey                          | Sun        | 12:00 PM | 2:00 PM | Apr 30 | Jun 18 |          | \$42.00 for 7wk session;<br>\$7.00 per day                                 | \$15 per day | Kendall B | Comp Pool |

**Pickleball changes:** effective February 27, no pickleball is allowed during "Open Gymnasium" staffed hours outside of the above reserved times. One net is available for after-hours use by 24/7 members. Mobile app/website schedules take precedence over printed schedules if conflicts arise.