



F123 GROUP FITNESS

Fall 1 2023 • September 5 - October 29

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 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
ForeverWell Strength (formerly known as Ser	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Sept 6	Oct 25		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sept 6	Oct 25		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$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)	FREE	--	--	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

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

PACKAGE OPTIONS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Sept 5	Nov 28	Oct 24	\$65.00	\$85.00	Tess J.	Mtg Rm.

PERSONAL TRAINING

VIRTUAL OPTIONS ARE ALSO AVAILABLE

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	\$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

SPRINT-8

DISCOVER MAXIMUM RESULTS IN MINIMUM TIME. Sprint 8® is an efficient, science-based, fat-burning sprint-intensity interval program that gives you a complete cardio workout, including warm-up and cool-down, in just 25 minutes. This is a great exercise program for burning calories and reducing body fat, most people see results in just eight weeks or less. We will coach you and help you discover what sprint is best for you whether you choose a treadmill, bike, or elliptical. * *limit two "try-its" per person*

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
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Limit of 2 Free Try-its per person										
Sprint-8 Free Try-it	Mon	6:15 AM	6:40 AM	Sept 11	Sept 11		FREE	FREE	Laurie T.	Well Ctr.
Sprint-8 Free Try-it	Mon	6:15 AM	6:40 AM	Sept 18	Sept 18		FREE	FREE	Laurie T.	Well Ctr.
Sprint-8 Free Try-it	Mon	6:15 AM	6:40 AM	Sept 25	Sept 25		FREE	FREE	Laurie T.	Well Ctr.
Sprint-8 Free Try-it	Tues	7:00 AM	7:25 AM	Sept 5	Sept 5		FREE	FREE	Abby T.	Well Ctr.
Sprint-8 Free Try-it	Tues	10:45 AM	11:10 AM	Sept 5	Sept 5		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Tues	7:00 AM	7:25 AM	Sept 12	Sept 12		FREE	FREE	Abby T.	Well Ctr.
Sprint-8 Free Try-it	Tues	10:45 AM	11:10 AM	Sept 12	Sept 12		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Tues	7:00 AM	7:25 AM	Sept 19	Sept 19		FREE	FREE	Abby T.	Well Ctr.
Sprint-8 Free Try-it	Tues	10:45 AM	11:10 AM	Sept 19	Sept 19		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Tues	7:00 AM	7:25 AM	Sept 26	Sept 26		FREE	FREE	Abby T.	Well Ctr.
Sprint-8 Free Try-it	Tues	10:45 AM	11:10 AM	Sept 26	Sept 26		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Wed	4:45 PM	5:10 PM	Sept 6	Sept 6		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Wed	4:45 PM	5:10 PM	Sept 13	Sept 13		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Wed	4:45 PM	5:10 PM	Sept 20	Sept 20		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Wed	4:45 PM	5:10 PM	Sept 27	Sept 27		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Thu	10:45 AM	11:10 AM	Sept 7	Sept 7		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Thu	10:45 AM	11:10 AM	Sept 14	Sept 14		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Thu	10:45 AM	11:10 AM	Sept 21	Sept 21		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Thu	10:45 AM	11:10 AM	Sept 28	Sept 28		FREE	FREE	Aiden L.	Well Ctr.
Sprint-8 Free Try-it	Fri	6:15 AM	6:40 AM	Sept 8	Sept 8		FREE	FREE	Sarah G.	Well Ctr.
Sprint-8 Free Try-it	Fri	6:15 AM	6:40 AM	Sept 15	Sept 15		FREE	FREE	Sarah G.	Well Ctr.
Sprint-8 Free Try-it	Fri	6:15 AM	6:40 AM	Sept 22	Sept 22		FREE	FREE	Sarah G.	Well Ctr.
Sprint-8 Free Try-it	Fri	6:15 AM	6:40 AM	Sept 29	Sept 29		FREE	FREE	Sarah G.	Well Ctr.
Introductory 4 week session (October 2023)										
2x/wk discount (50% off 2nd day)										
Sprint-8	Mon	6:15 AM	6:40 AM	Oct 2	Oct 23		\$11.25	\$22.50	Laurie T.	Well Ctr.
Sprint-8	Mon	4:45 PM	5:10 PM	Oct 2	Oct 23		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Tues	7:00 AM	7:25 AM	Oct 3	Oct 17	Oct 24	\$11.25	\$22.50	Abby T.	Well Ctr.
Sprint-8	Tues	10:45 AM	11:10 AM	Oct 3	Oct 24		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Wed	6:15 AM	6:40 AM	Oct 4	Oct 25		\$11.25	\$22.50	Sarah G.	Well Ctr.
Sprint-8	Wed	4:45 PM	5:10 PM	Oct 4	Oct 25		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Thu	10:45 AM	11:10 AM	Oct 5	Oct 26		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Fri	6:15 AM	6:40 AM	Oct 6	Oct 27		\$11.25	\$22.50	Sarah G.	Well Ctr.
2+x/wk discount, 50% off days 2+							\$16.86	\$33.75		

Sports Performance

UNLOCK YOUR FITNESS POTENTIAL and elevate your training to new heights through the YMCA's cutting-edge sports performance training program on our new Performance Field. Transform your body as you build lean muscle, reduce the risk of injury, and unleash your strength and power. ** limit two "try-its" per person*

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Limit of 2 Free Try-its per person										
Sports Performance Training Free Try-it Teens 12-17 yr	Tue	Sept 19		3:45 PM	4:45 PM		FREE	FREE	Mike M./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Teens 12-17 yr	Thu	Sept 21		3:45 PM	4:45 PM		FREE	FREE	Mike M./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Teens 12-17 yr	Tue	Sept 26		3:45 PM	4:45 PM		FREE	FREE	Mike M./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Teens 12-17 yr	Thu	Sept 28		3:45 PM	4:45 PM		FREE	FREE	Mike M./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Adults 15 and up	Mon	Sept 18		5:15 PM	6:15 PM		FREE	FREE	Eric B./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Adults 15 and up	Wed	Sept 20		5:15 PM	6:15 PM		FREE	FREE	Eric B./Aiden L.	S.P. Field
Sports Performance Training Free Try-it Adults 15 and up	Mon	Sept 25		5:15 PM	6:15 PM		FREE	FREE	Eric B./Aiden L.	S.P. Field

Sports Performance Training Free Try-it Adults 15 and up	Wed	Sept 27		5:15 PM	6:15 PM		FREE	FREE	Eric B./Aiden L.	S.P. Field
Introductory 4 week session (October 2023)										
2x/wk discount (50% off 2nd day)										
Sports Performance TrainingTeens 12-17 yr	Tue	Oct 3	Oct 24	3:45 PM	4:45 PM		\$24.00	\$48.00	Mike M./Aiden	S.P. Field
Sports Performance TrainingTeens 12-17 yr	Thu	Oct 5	Oct 26	3:45 PM	4:45 PM		\$24.00	\$48.00	Mike M./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Mon	Oct 2	Oct 23	5:15 PM	6:15 PM		\$24.00	\$48.00	Eric B./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Tue	Oct 3	Oct 24	5:30 AM	6:30 AM		\$24.00	\$48.00	Sarah G./Abby T.	S.P. Field
Sports Performance Training Adults 15 and up	Wed	Oct 4	Oct 25	5:15 PM	6:15 PM		\$24.00	\$48.00	Eric B./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Thu	Oct 5	Oct 26	5:30 AM	6:30 AM		\$24.00	\$48.00	Sarah G./Abby T.	S.P. Field
2x/wk discount, 50%							\$36.00	\$72.00		

Technique Tune Up

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Technique Tune Up	Tues	4:00 PM	4:30 PM	Sept 5	Oct 24		FREE	N/A	Markanique W.	Well Ctr.
Technique Tune Up	Wed	5:45 PM	6:15 PM	Sept 6	Oct 25		FREE	N/A	Aiden L.	Well Ctr.
Technique Tune Up	Thu	9:00 AM	10:00 AM	Sept 7	Oct 26		FREE	N/A	Aiden L.	Well Ctr.

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Meditation-Beginner	Wed	9:30 AM	10:30 AM	Sept 6	Oct 25		\$31.50	\$63.00	Sara O.	Comm Rm.
Meditation-Guided	Wed	8:30 AM	9:15 AM	Sept 6	Oct 25		\$31.50	\$63.00	Sara O.	Comm Rm.
Pilates	Wed	8:00 AM	8:45 AM	Sept 6	Oct 25		\$31.50	\$63.00	Heidi B.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Sept 6	Oct 25		\$31.50	\$63.00	Heidi B.	Virtual
Pilates	Fri	8:30 AM	9:15 AM	Sept 8	Oct 27		\$31.50	\$63.00	Tonya F.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Sept 9	Oct 28		\$14.00	\$56.00	Rotate	Studio 1/2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Oct 5	Oct 26		\$16.00	\$32.00	Chris E.	Studio 1
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Sept 11	Oct 23		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sept 6	Oct 25		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sept 6	Oct 25		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Sept 7	Oct 26		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Sept 5	Oct 24		\$31.50	\$63.00	Priscilla F.	Studio 1
Yoga-Hatha	Thu	7:45 AM	8:45 AM	Sept 7	Oct 26		\$31.50	\$63.00	Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Sept 11	Oct 23		\$31.50	\$63.00	Prem L.	Studio 1
Yoga-Vinayasa	Wed	5:30 AM	6:30 AM	Sept 6	Oct 25		\$31.50	\$63.00	Ashley A.	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	Sept 6	Oct 25		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle-ForeverWell	Wed	5:15 AM	5:45 AM	Sept 6	Oct 25		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Mon	5:15 AM	5:50 AM	Sept 11	Oct 23		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:55 PM	6:25 PM	Sept 11	Oct 23		\$22.50	\$56.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Sept 5	Oct 17	Oct 24	\$22.50	\$56.00	Sarah G.	Studio 2
Cycle	Tue	5:15 PM	5:45 PM	Sept 5	Oct 24		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Sept 7	Oct 26		\$22.50	\$56.00	Heidi B.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Sept 7	Oct 26		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Sept 8	Oct 27		\$22.50	\$56.00	Laurie T.	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Sept 11	Oct 23	Sept 18 Oct 9	\$8.50	\$35.00	Jane B.	Studio 2
Fit for Life	M/W/F	6:15 AM	7:00 AM	Sept 6	Oct 28		FREE	\$39.50	Ellen K./Jon S. / April M.	Gym A/B






Healthy Choice	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Sept 6	Oct 25		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Sept 7	Oct 26		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Sept 8	Oct 27		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Sept 11	Oct 23		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Sept 7	Oct 23		\$14.00	\$56.00	Jen L.	Studio 2
Saturday Scramble	Sat	8:15 AM	9:00 AM	Sept 9	Oct 28		\$14.00	\$56.00	Rotate	Studio 1/2/3
Sprint-8	Mon	6:15 AM	6:40 AM	Oct 2	Oct 23		\$11.25	\$22.50	Laurie T.	Well Ctr.
Sprint-8	Mon	4:45 PM	5:10 PM	Oct 2	Oct 23		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Tues	7:00 AM	7:25 AM	Oct 3	Oct 17	Oct 24	\$11.25	\$22.50	Abby T.	Well Ctr.
Sprint-8	Tues	10:45 AM	11:10 AM	Oct 3	Oct 24		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Wed	6:15 AM	6:40 AM	Oct 4	Oct 25		\$11.25	\$22.50	Sarah G.	Well Ctr.
Sprint-8	Wed	4:45 PM	5:10 AM	Oct 4	Oct 25		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Thu	10:45 AM	11:10 AM	Oct 5	Oct 26		\$11.25	\$22.50	Aiden L.	Well Ctr.
Sprint-8	Fri	6:15 AM	6:40 AM	Oct 6	Oct 27		\$11.25	\$22.50	Sarah G.	Well Ctr.
Step	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Sept 8	Oct 27		FREE	\$39.50	Linda W.	Studio 1

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Sept 5	Oct 17	Oct 24	\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Sept 5	Oct 24		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Sept 7	Oct 26		\$14.00	\$56.00	Laurie T.	Studio 2/3
 ForeverWell Strength (formerly known as Senior Strength)	Mon	7:50 AM	8:25 AM	Sept 11	Oct 23		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
 ForeverWell Strength (formerly known as Senior Strength)	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
 ForeverWell Strength (formerly known as Senior Strength)	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Virtual
 ForeverWell Strength (formerly known as Senior Strength)	Fri	7:50 AM	8:25 AM	Sept 8	Oct 28		\$14.00	\$56.00	Abby T.	Gym Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Sept 11	Oct 23		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Sept 6	Oct 25		\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Sept 6	Oct 25		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Sept 6	Oct 25		\$14.00	\$56.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Sept 8	Oct 27		\$14.00	\$56.00	Sarah G.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Sept 9	Oct 28		\$14.00	\$56.00	Rotate	Studio 1/2/3
 Silver Sneakers BOOM	Mon	9:00 AM	9:45 AM	Sept 18	Oct 23	Sept 11	FREE	\$39.50	Abby T.	Gym C
 Silver Sneakers BOOM	Wed	9:00 AM	9:45 AM	Sept 20	Oct 25	Sept 6 Sept 13	FREE	\$39.50	Abby T.	Gym C
 Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Sept 11	Oct 23		FREE	\$39.50	Heidi B.	Gym A/B
 Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Linda W.	Gym A/B
 Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sept 6	Oct 25		FREE	\$39.50	Sarah G.	Gym A/B
 Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sept 7	Oct 26		FREE	\$39.50	Christine M.	Gym A/B
 Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Gym A/B
 Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Virtual
Technique Tune Up	Tues	4:00 PM	4:30 PM	Sept 5	Oct 24		FREE	N/A	Markanique W.	Well Ctr.
Technique Tune Up	Wed	5:45 PM	6:15 PM	Sept 6	Oct 25		FREE	N/A	Aiden L.	Well Ctr.
Technique Tune Up	Thu	9:00 AM	10:00 AM	Sept 7	Oct 26		FREE	N/A	Aiden L.	Well Ctr.

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
 Aqualite	Mon	8:45 AM	9:30 AM	Sept 11	Oct 23		FREE	\$39.50	Debbie B.	Comp Pool
 Aqualite	Tue	8:45 AM	9:30 AM	Sept 5	Oct 24		FREE	\$39.50	Mary Y.	Comp Pool
 Aqualite	Wed	8:45 AM	9:30 AM	Sept 6	Oct 25		FREE	\$39.50	Dora L.	Comp Pool
 Aqualite	Thu	8:45 AM	9:30 AM	Sept 7	Oct 26		FREE	\$39.50	Mary Y.	Comp Pool
 Aqualite	Fri	8:45 AM	9:30 AM	Sept 8	Oct 27		FREE	\$39.50	Makayla T.	Comp Pool

	Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Sept 6	Oct 25		\$14.00	\$28.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
	Over Your Head	Tue	7:45 AM	8:30 AM	Sept 5	Oct 24		\$14.00	\$56.00	Ann E.	Comp Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Sept 6	Oct 25		\$14.00	\$56.00	Julie D.	Comp Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Sept 7	Oct 26		\$14.00	\$56.00	Makayla T.	Comp Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Sept 8	Oct 27		\$14.00	\$56.00	Margaret G.	Comp Pool
	Twinges	Mon	9:30 AM	10:15 AM	Sept 11	Oct 23		FREE	\$39.50	Ann E.	Rec Pool
	Twinges	Tue	8:30 AM	9:15 AM	Sept 5	Oct 24		FREE	\$39.50	Becky G.	Rec Pool
	Twinges	Wed	9:30 AM	10:15 AM	Sept 6	Oct 25		FREE	\$39.50	Ann E.	Rec Pool
	Twinges	Thu	8:30 AM	9:15 AM	Sept 7	Oct 26		FREE	\$39.50	Becky G.	Rec Pool
	Twinges	Fri	9:30 AM	10:15 AM	Sept 8	Oct 27		FREE	\$39.50	Ann E.	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	Sept 6	Oct 25		\$14.00	\$28.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
	Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sept 5	Oct 26	Oct 24	\$14.00	\$28.00	Christine M. /DCMC	Studio 2/3
	Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Christine M.	Studio 2/3
	Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Christine M.	Virtual
	Land Arthritis	Thu	10:30 AM	11:15 AM	Sept 7	Oct 26		FREE	\$39.50	Christine M.	Studio 2/3
	LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Sept 5	Nov 30	Oct 24 Nov 23	FREE	FREE	Abby T.	Studio 3
	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$39.50	Christine M.	Studio 3
	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$39.50	Christine M.	Virtual
	M.IN.D.	Mon	1:00 PM	3:00 PM	Contact Abby T. for more details			FREE	FREE	Christine M/DCMC	Studio 2/3
	Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Sept 5	Nov 30	Oct 24- Nov 23	\$65.00	\$85.00	Abby T./ Sarah G.	Studio 2-
	Moving For Better Balance Alumni	Mon	10:30 AM	11:00 AM	Sept 11	Oct 23		\$14.00	\$28.00	Sarah G.	Studio 2
	Parkinson's Exercise	T/Th	2:15 PM	3:15 PM	monthly			\$45.00	\$75.00	Christine M. /DCMC	Studio 2/ Gym C
	Stepping On	Mon	1:00 PM	3:00 PM	Sept 11	Oct 23		FREE	FREE	Sarah G./ Abby T.	ADRC
	Twinges	Mon	9:30 AM	10:15 AM	Sept 11	Oct 23		FREE	\$39.50	Ann E.	Rec Pool
	Twinges	Tue	8:30 AM	9:15 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Becky G.	Rec Pool
	Twinges	Wed	9:30 AM	10:15 AM	Sept 6	Oct 25		FREE	\$39.50	Ann E.	Rec Pool
	Twinges	Thu	8:30 AM	9:15 AM	Sept 7	Oct 26		FREE	\$39.50	Becky G.	Rec Pool
	Twinges	Fri	9:30 AM	10:15 AM	Sept 8	Oct 27		FREE	\$39.50	Ann E.	Rec Pool
	Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Sept 5	Nov 28	Oct 24	\$65.00	\$85.00	Tess J.	Meeting Rm.

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:00 PM	6:45 PM	Sept 8	Oct 27		\$60.00 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
Underwater Hockey	Sun	12:00 PM	2:00 PM	Sept 10	Oct 29		\$60.00 for 8wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool