



F223 GROUP FITNESS

Fall 2 2023 • October 30–December 23

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	Thu	8:50 AM	9:25 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 31	Dec 19		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Nov 1	Dec 20		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Nov 1	Dec 20		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$31.50	\$63.00	Suzanne H.	Virtual
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 4	Mar 21		\$65.00	\$85.00	Tess J.	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.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Nov 28	Feb 20	Dec 26	\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	4:00 PM	5:00 PM	Nov 28	Feb 20	Dec 26	\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	5:30 PM	6:30 PM	Nov 28	Feb 20	Dec 26	\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	11:30 AM	12:30 PM	Jan 9	Mar 26		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 23	Apr 9		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Thu	8:30 AM	9:30 AM	Jan 4	Mar 21		\$65.00	\$85.00	Tess J.	Virtual

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

W.O.W (Women on Weights)

W.O.W is a beginner/intermediate/advanced strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights)	Tue	9:00 AM	9:45 AM	Oct 31	Dec 19		\$31.50	\$63.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights)	Wed	9:45 AM	10:30 AM	Nov 1	Dec 20		\$31.50	\$63.00	Prisca B.	Well Ctr

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.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Come try Sports Performance Training with introductory pricing										
2x/wk discount (50% off 2nd day)										
Sports Performance Training Teens 12-17	Tue	3:45 PM	4:45 PM	Oct 31	Dec 19		\$52.00	\$104.00	Mike M./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Thu	3:45 PM	4:45 PM	Nov 2	Dec 21	Nov 23	\$46.00	\$91.00	Mike M./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Oct 30	Dec 18		\$52.00	\$104.00	Eric B./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Oct 31	Dec 19		\$52.00	\$104.00	Sarah G./Abby T.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:15 PM	6:15 PM	Oct 31	Dec 19		\$52.00	\$104.00	Aiden/Laine	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Nov 1	Dec 20		\$52.00	\$104.00	Eric B./Aiden	S.P. Field
Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Nov 2	Dec 21	Nov 23	\$46.00	\$91.00	Sarah G./Abby T.	S.P. Field

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.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Come try Sprint 8 with introductory pricing										
2x/wk discount (50% off 2nd day)										
Sprint 8	Mon	7:30 AM	8:00 AM	Oct 30	Dec 18		\$22.50	\$56.00	Abby T.	Well Ctr
Sprint 8	Tue	4:45 PM	5:15 PM	Oct 31	Dec 19		\$22.50	\$56.00	Sarah G.	Well Ctr
Sprint 8	Wed	6:15 AM	6:45 AM	Nov 1	Dec 20		\$22.50	\$56.00	Sarah G.	Well Ctr
Sprint 8	Thu	10:45 AM	11:15 AM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Aiden L.	Well Ctr
Sprint 8	Thu	4:45 PM	5:15 PM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Abby T.	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	Nov 1	Dec 20	Nov 15	\$31.50	\$63.00	Sara O.	Comm Rm
Meditation-Guided	Wed	8:30 AM	9:15 AM	Nov 1	Dec 20	Nov 15	\$31.50	\$63.00	Sara O.	Comm Rm
Pilates	Tue	9:00 AM	9:45 AM	Oct 31	Dec 19		\$31.50	\$63.00	Heidi B.	Studio 3
Pilates	Wed	8:00 AM	8:45 AM	Nov 1	Dec 20		\$31.50	\$63.00	Heidi B.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Nov 1	Dec 20		\$31.50	\$63.00	Heidi B.	Virtual
Pilates	Fri	8:30 AM	9:15 AM	Nov 3	Dec 22	Nov 24	\$31.50	\$63.00	Tonya F.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Nov 4	Dec 23	Nov 25 Dec 16	\$14.00	\$56.00	Rotate	Studio 1/2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Nov 2	Dec 21	Nov 23	\$31.50	\$63.00	Chris E.	Studio 1
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Oct 30	Dec 18		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Nov 1	Dec 20		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Nov 1	Dec 20		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Nov 2	Dec 21	Nov 23	\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Oct 31	Dec 19		\$31.50	\$63.00	Priscilla F.	Studio 1
Yoga-Hatha	Thu	5:15 PM	6:15 PM	Nov 2	Dec 21	Nov 9 Nov 23 Nov 30	\$20.00	\$40.00	Priscilla F.	Studio 1
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Oct 30	Dec 18		\$31.50	\$63.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Oct 30	Dec 18		\$31.50	\$63.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:45 AM	6:45 AM	Nov 1	Dec 20		\$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	Nov 1	Dec 20		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Oct 30	Dec 18		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:55 PM	6:25 PM	Oct 30	Dec 18		\$22.50	\$56.00	Rachel B	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Oct 31	Dec 19		\$22.50	\$56.00	Sarah G.	Studio 2
Cycle	Tue	5:15 PM	5:45 PM	Oct 31	Dec 19		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Heidi B.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Nov 3	Dec 22	Nov 24	\$22.50	\$56.00	Laurie T.	Studio 2/3
Dance FIT	Mon	5:00 PM	5:45 PM	Nov 6	Dec 18	Oct 30	\$12.00	\$49.00	Jane B.	Studio 2
Fit for Life	M/W/F	6:15 AM	7:00 AM	Oct 30	Dec 22	Nov 24	FREE	\$39.50	Ellen K./Jon S. April M.	Gym A/B

H2O Boot Camp	Wed	8:00 AM	8:40 AM	Nov 1	Dec 20	Nov 22	\$14.00	\$28.00	Amy S.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 31	Dec 19		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 31	Dec 19		FREE	\$39.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Nov 1	Dec 20		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Oct 30	Dec 18		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Jen L.	Studio 2
Saturday Scramble	Sat	8:15 AM	9:00 AM	Nov 4	Dec 23	Nov 25 Dec 16	\$14.00	\$56.00	Rotate	Studio 1/2/3
Sprint 8	Mon	7:30 AM	8:00 AM	Oct 30	Dec 18		\$22.50	\$56.00	Abby T.	Well Ctr.
Sprint 8	Tue	4:45 PM	5:15 PM	Oct 31	Dec 19		\$22.50	\$56.00	Sarah G.	Well Ctr.
Sprint 8	Wed	6:15 AM	6:45 AM	Oct 31	Dec 19		\$22.50	\$56.00	Sarah G.	Well Ctr.
Sprint 8	Thu	10:45 AM	11:15 AM	Nov 1	Dec 20	Nov 23	\$22.50	\$56.00	Aiden L.	Well Ctr.
Sprint 8	Thu	4:45 PM	5:15 PM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Abby T.	Well Ctr.
Step	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Nov 3	Dec 22	Nov 24	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	Will return in Jan 2024			\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Oct 31	Dec 19		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Laurie T.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 30	Dec 18		\$14.00	\$56.00	Dwight Z.	Gym Ctr
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Gym Ctr
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Virtual
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Nov 1	Dec 20	Nov 22	\$14.00	\$28.00	Amy S.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Oct 30	Dec 18		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Nov 1	Dec 20		\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Nov 1	Dec 20		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Nov 1	Dec 20		\$14.00	\$56.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Nov 3	Dec 22		\$14.00	\$56.00	Sarah G.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Nov 4	Dec 22	Nov 25 Dec 16	\$14.00	\$56.00	Rotate	Studio 1/2/3
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 30	Dec 18		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Nov 1	Dec 20		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 30	Dec 18		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 31	Dec 19		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Nov 1	Dec 20		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Nov 2	Dec 21		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Abby T.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Abby T.	Virtual
W.O.W. (Women on Weights)	Tue	9:00 AM	9:45 AM	Oct 31	Dec 19		\$31.50	\$63.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights)	Wed	9:45 AM	10:30 AM	Nov 1	Dec 20		\$31.50	\$63.00	Prisca B	Well Ctr

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Oct 30	Dec 18		FREE	\$39.50	Debbie B.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Oct 31	Dec 19		FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Nov 1	Dec 20		FREE	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Oct 30	Dec 20		\$14.00	\$28.00	Mary Claire M. /Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Nov 1	Dec 20	Nov 22	\$14.00	\$28.00	Amy S.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Oct 31	Dec 19		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Nov 1	Dec 20		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Makayla T.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Oct 30	Dec 18		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Oct 31	Dec 19		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Nov 1	Dec 20		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Ann E.	Rec Pool

SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+ Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Oct 30	Dec 20		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
55+ Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Oct 31	Dec 21	Nov 23	\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
49 Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Studio 2/3
49 Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Virtual
49 Land Arthritis	Thu	10:30 AM	11:15 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Christine M.	Studio 2/3
55+ LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	In session. Contact Abby T. for more details		Nov 23	FREE	FREE	Abby T.	Studio 1
49 LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		FREE	\$39.50	Christine M.	Studio 2
49 LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		FREE	\$39.50	Christine M.	Virtual
55+ M.IN.D.	Mon	1:00 PM	3:00 PM	Contact Abby T. for more details			FREE	FREE	Christine M./DCMC	Studio 2/3
55+ Moving For Better Balance Alumni	Mon	10:30 AM	11:00 AM	Oct 30	Dec 18		\$14.00	\$28.00	Sarah G./Abby T.	Studio 2
55+ Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	monthly		Nov 23	\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
55+ Stepping On	Mon	1:00 PM	3:00 PM	Contact Abby T. for more details			FREE	FREE	Sarah G./Abby T.	ADRC
49 Twinges	Mon	9:30 AM	10:15 AM	Oct 30	Dec 18		FREE	\$39.50	Ann E.	Rec Pool
49 Twinges	Tue	8:30 AM	9:15 AM	Oct 31	Dec 19		FREE	\$39.50	Becky G.	Rec Pool
49 Twinges	Wed	9:30 AM	10:15 AM	Nov 1	Dec 20		FREE	\$39.50	Ann E.	Rec Pool
49 Twinges	Thu	8:30 AM	9:15 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Becky G.	Rec Pool
49 Twinges	Fri	9:30 AM	10:15 AM	Nov 3	Dec 22	Nov 24	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.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Nov 28	Feb 27		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	4:00 PM	5:00 PM	Nov 28	Feb 27		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	5:30 PM	6:30 PM	Nov 28	Feb 27		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	11:30 AM	12:30 PM	Jan 9	Mar 19		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 23	Apr 9		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 4	Mar 21		\$65.00	\$85.00	Tess J.	Virtual
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Nov 15	Nov 15		\$10.00	\$10.00	Becky B	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Dec 13	Dec 13		\$10.00	\$10.00	Becky B	Studio 3

Adult Sports

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Nov 3	Dec 22	Nov 3	\$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	Nov 5	Dec 17	Nov 5	\$53.00 for 7wk session; \$7.00 per day	Daily Fee + \$7 drop in fee	Kendall B	Comp Pool
Volleyball League	Mon	5:15 PM	8:15 PM	Nov 13	Feb 19		\$250 Per team, additional \$35 per non Y member		Staff	Gym A/B