



W124 GROUP FITNESS

Winter 1 2024 • January 2 - February 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 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	Jan 4	Feb 22		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 2	Feb 20		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 8	Feb 19	Jan 1	FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Jan 3	Feb 21		\$31.50	\$56.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 5	Feb 23		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 3	Feb 21		\$31.50	\$56.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Suzanne H.	Virtual
Y's Weight Loss Program	Thu	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	8:30 AM	9:30 AM	Jan 2	Mar 19		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	5:30 PM	6:30 PM	Jan 2	Mar 19		\$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 strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program. Level 1 is for those who are new to the class. Level 2 is if they have taken Level 1

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights) Level 1	Wed	9:45 AM	10:30 AM	Jan 3	Feb 21		\$31.50	\$63.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	10:30 AM	11:15 AM	Jan 4	Feb 22		\$31.50	\$63.00	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		\$31.50	\$63.00	Aiden L.	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	Mon	3:45 PM	4:45 PM	Jan 8	Feb 19	Jan 1	\$52.00	\$104.00	Mike M./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Tue	3:45 PM	4:45 PM	Jan 2	Feb 20		\$52.00	\$104.00	Laine S./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Wed	3:45 PM	4:45 PM	Jan 3	Feb 21		\$52.00	\$104.00	Mike M./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Thu	3:45 PM	4:45 PM	Jan 4	Feb 22		\$52.00	\$104.00	Laine S.	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Jan 8	Feb 19	Jan 1	\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Jan 2	Feb 20		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Jan 2	Feb 20		\$52.00	\$104.00	Aiden L.	S.P. Field
Intro To Sports Performance Training Adults 15 and up	Tue	5:15 PM	6:15 PM	Jan 2	Feb 20		\$52.00	\$104.00	Aiden/Laine	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Jan 3	Feb 21		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Jan 4	Feb 22		\$52.00	\$104.00	Abby T.	S.P. Field
Sports Performance Training Adults 15	Thu	9:15 AM	10:15 AM	Jan 4	Feb 22		\$52.00	\$104.00	Laine S.	S.P. Field
Sports Performance Training Adults 15	Thu	5:15 PM	6:15 PM	Jan 4	Feb 22	Feb 1	\$52.00	\$104.00	Eric B.	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 ®	Tue	4:45 PM	5:15 PM	Jan 2	Feb 20		\$22.50	\$56.00	Sarah G.	Well Ctr
Sprint 8 ®	Thu	4:45 PM	5:15 PM	Jan 4	Feb 22		\$22.50	\$56.00	Abby T.	Well Ctr
Sprint 8 ®	Fri	9:45 AM	10:15 AM	Jan 5	Feb 23		\$22.50	\$56.00	Laine S.	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	Jan 3	Feb 21		\$31.50	\$56.00	Sara O.	Comm Rm
Meditation-Guided	Wed	8:30 AM	9:15 AM	Jan 3	Feb 21		\$31.50	\$56.00	Sara O.	Comm Rm
Pilates	Wed	8:00 AM	8:45 AM	Jan 3	Feb 21		\$31.50	\$56.00	Heidi B.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Jan 3	Feb 21		\$31.50	\$56.00	Heidi B.	Virtual
Pilates	Fri	8:30 AM	9:15 AM	Jan 5	Feb 23		\$31.50	\$56.00	Tonya F.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jan 6	Feb 24	Jan 13	\$14.00	\$56.00	Rotate	Studio 1/2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jan 4	Feb 22	Feb 1	\$31.50	\$56.00	Chris E.	Studio 1
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 3	Feb 21		\$31.50	\$56.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 3	Feb 21		\$31.50	\$56.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jan 4	Feb 22		\$31.50	\$56.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Suzanne H.	Studio 1

 Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Suzanne H.	Virtual
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Jan 9	Feb 20	Jan 2	\$31.50	\$56.00	Priscilla F.	Studio 1
Yoga-Hatha	Thu	5:15 PM	6:15 PM	Jan 4	Feb 22	Feb 1	\$31.50	\$56.00	Priscilla F.	Comm-Rm
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Jan 8	Feb 19	Jan 1	\$31.50	\$56.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Jan 3	Feb 21		\$31.50	\$56.00	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	Jan 3	Feb 21		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:00 PM	6:30 PM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Megan S.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Jan 2	Feb 20		\$22.50	\$56.00	Heidi B.	Studio 2
Cycle	Tue	5:30 PM	6:00 PM	Jan 2	Feb 20		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jan 4	Feb 22		\$22.50	\$56.00	Patti S.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Jan 4	Feb 22	Feb 1	\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Jan 5	Feb 23		\$22.50	\$56.00	Laurie T.	Studio 2/3
Dance FIT	Mon	5:00 PM	5:45 PM	Jan 8	Feb 5	Jan 1	\$8.50	\$35.00	Jane B.	Studio 2
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jan 3	Feb 23	Jan 1	FREE	\$39.50	Ellen K./Jon S. Renee S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 3	Feb 21		\$14.00	\$28.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 2	Feb 20		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 2	Feb 20		FREE	\$39.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Jan 3	Feb 21		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jan 4	Feb 22		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jan 5	Feb 23		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jan 4	Feb 22	Feb 1	\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jan 2	Feb 20		\$31.50	\$56.00	Tim S.	Gym Ctr
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jan 6	Feb 24	Jan 13	\$14.00	\$56.00	Rotate	Studio 1/2/3
Sprint 8	Tue	4:45 PM	5:15 PM	Jan 2	Feb 20		\$22.50	\$56.00	Sarah G.	Well Ctr.
Sprint 8	Thu	4:45 PM	5:15 PM	Jan 4	Feb 22		\$22.50	\$56.00	Abby T.	Well Ctr.
Sprint 8	Fri	9:45 AM	10:15 AM	Jan 5	Feb 23		\$22.50	\$56.00	Laine S.	Well Ctr.
Step	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Jan 12	Feb 23	Jan 5	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	Jan 2	Feb 13	Feb 20	\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Jan 2	Feb 20		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jan 4	Feb 22		\$14.00	\$56.00	Laurie T.	Studio 2/3
 ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Dwight Z.	Gym Ctr
 ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 4	Feb 22		\$14.00	\$56.00	Mary Claire M.	Gym Ctr
 ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 4	Feb 22		\$14.00	\$56.00	Mary Claire M.	Virtual
 ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jan 5	Feb 23		\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 3	Feb 21		\$14.00	\$28.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Jan 3	Feb 21		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Jan 2	Feb 20		\$31.50	\$56.00	Tim S.	Gym Ctr
RIP	Wed	9:00 AM	10:00 AM	Jan 3	Feb 21		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jan 3	Feb 21		\$14.00	\$56.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Jan 5	Feb 23		\$14.00	\$56.00	Sarah G./Patti S.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jan 6	Feb 24	Jan 13	\$14.00	\$56.00	Rotate	Studio 1/2/3
 Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Abby T.	Gym C
 Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jan 3	Feb 21		FREE	\$39.50	Abby T.	Gym C
 Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Heidi B.	Gym A/B

55+	Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jan 2	Feb 20		FREE	\$39.50	Linda W.	Gym A/B
55+	Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jan 3	Feb 21		FREE	\$39.50	Kim D.	Gym A/B
55+	Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jan 4	Feb 22		FREE	\$39.50	Christine M.	Gym A/B
55+	Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 5	Feb 23		FREE	\$39.50	Abby T.	Gym A/B
55+	Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 5	Feb 23		FREE	\$39.50	Abby T.	Virtual
	W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		\$31.50	\$63.00	Aiden L.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Wed	9:45 AM	10:30 AM	Jan 3	Feb 21		\$31.50	\$63.00	Prisca B.	Well Ctr
	W.O.W. (Women on Weights) Level 1	Thu	10:30 AM	11:15 AM	Jan 4	Feb 22		\$31.50	\$63.00	Laine S.	Well Ctr

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
55+	Aqualite	Mon	8:45 AM	9:30 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Debbie B.	Comp Pool
55+	Aqualite	Tue	8:45 AM	9:30 AM	Jan 2	Feb 20		FREE	\$39.50	Mary Y.	Comp Pool
55+	Aqualite	Wed	8:45 AM	9:30 AM	Jan 3	Feb 21		FREE	\$39.50	Dora L.	Comp Pool
55+	Aqualite	Thu	8:45 AM	9:30 AM	Jan 4	Feb 22		FREE	\$39.50	Mary Y.	Comp Pool
55+	Aqualite	Fri	8:45 AM	9:30 AM	Jan 5	Feb 23		FREE	\$39.50	Makayla T.	Comp Pool
55+	Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jan 8	Feb 21	Jan 1	\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
	H2O Boot Camp	Wed	8:00 AM	8:40 AM	Jan 3	Feb 21		\$14.00	\$28.00	Sarah G.	Comp Pool
	Over Your Head	Tue	7:45 AM	8:30 AM	Jan 2	Feb 20		\$14.00	\$56.00	Ann E.	Comp Pool
	Over Your Head	Wed	5:30 AM	6:15 AM	Jan 3	Feb 21		\$14.00	\$56.00	Julie D.	Comp Pool
	Over Your Head	Thu	7:45 AM	8:30 AM	Jan 4	Feb 22		\$14.00	\$56.00	Makayla T.	Comp Pool
	Over Your Head	Fri	5:30 AM	6:15 AM	Jan 5	Feb 23		\$14.00	\$56.00	Margaret G.	Comp Pool
55+	Twinges	Mon	9:30 AM	10:15 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Jan 2	Feb 20		FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Jan 3	Feb 21		FREE	\$39.50	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Jan 4	Feb 22		FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Jan 5	Feb 23		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	Jan 8	Feb 21	Jan 1	\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
55+	Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jan 2	Feb 22		\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		FREE	\$39.50	Christine M.	Studio 2/3
55+	Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		FREE	\$39.50	Christine M.	Virtual
55+	Land Arthritis	Thu	10:30 AM	11:15 AM	Jan 4	Feb 22		FREE	\$39.50	Christine M.	Studio 2/3
55+	LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Jan 30	Apr 18		FREE	FREE	Abby T./Megan S.	Studio 1
55+	STAYSTRONG	Tue	2:30 PM	3:15 PM	Jan 2	Feb 20		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.
55+	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Christine M.	Comm Rm
55+	LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Christine M.	Virtual
55+	M.IN.D.	Mon	1:00 PM	3:00 PM	Jan 8	Feb 12	Jan 1	FREE	FREE	Christine M./DCMC	Studio 2/3
55+	Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Jan 9	Mar 26		\$65.00	\$85.00	Abby T./Sarah G.	Studio 2/3
55+	Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Jan 8	Feb 21	Jan 1	\$14.00	\$28.00	Suzanne H.	Studio 1
55+	Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	monthly			\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
55+	Stepping-On	Mon	1:00 PM	3:00 PM	Jan 8	Feb 26	Jan 1	FREE	FREE	Sarah G./Abby T.	ADRC
55+	Twinges	Mon	9:30 AM	10:15 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Ann E.	Rec Pool
55+	Twinges	Tue	8:30 AM	9:15 AM	Jan 2	Feb 20		FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Wed	9:30 AM	10:15 AM	Jan 3	Feb 21		FREE	\$39.50	Ann E.	Rec Pool
55+	Twinges	Thu	8:30 AM	9:15 AM	Jan 4	Feb 22		FREE	\$39.50	Becky G.	Rec Pool
55+	Twinges	Fri	9:30 AM	10:15 AM	Jan 5	Feb 23		FREE	\$39.50	Ann E.	Rec Pool
	Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 2	Mar 18		\$65.00	\$85.00	Tess J.	Comm Rm
	Y's Weight Loss Program	Tue	5:30 PM	6:30 PM	Jan 2	Mar 18		\$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
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Jan 17	Jan 17		\$10.00	\$10.00	Becky B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Feb 14	Feb 14		\$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	Jan 5	Feb 23		\$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	Jan 7	Feb 25		\$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	Mar 11	Jan 1	\$250 Per team, additional \$35 per		Staff	Gym A/B