



W224 GROUP FITNESS

Winter 2 2024 • February 26 – April 21

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	Feb 29	Apr 18		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 27	Apr 16		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 26	Apr 15		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Feb 28	Apr 17		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Mar 1	Apr 19		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 28	Apr 17		\$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	5:15 AM	6:15 AM	Feb 27	May 14		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Feb 27	May 14		\$65.00	\$85.00	Tess J.	Comm Rm

Y'S WEIGHT LOSS ALUMNI CLUB

Healthy habits are a lifelong journey. Let's stay on the journey together and continue supporting one another. Join us each week for a quick weekly weigh-in. This program aims to help you maintain or continue your weight-loss journey. The instructor will be available for weekly weigh-ins and weight loss/nutritional questions.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Y's Weight Loss Alumni Club	Tue	11:30 AM	12:00 PM	Feb 27	April 16		\$14.00	\$28.00	Tess J.	Comm 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
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W.O.W (Women on Weights)

W.O.W. (Women on Weights) 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	Feb 28	Apr 17		\$31.50	\$63.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	10:30 AM	11:15 AM	Feb 29	Apr 18		\$31.50	\$63.00	Laine S.	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		\$31.50	\$63.00	Aiden L.	Well Ctr

W.O.W (Women on Weights) Club

A great opportunity for W.O.W., 1 and 2 graduates to work out together (no instructor) to continue to build strength and camaraderie. This club strives to build a community of strong women to share their passions about health and fitness. Use what you learned in W.O.W., 1 and 2 and continue to build strength, confidence and learn from each other.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Feb 28	Apr 17		FREE	--	--	Well Ctr

M.O.W. (Men on Weights)

Men on Weights is a personal trainer led program that will teach how to use the assortment of dumbbells, the smith machine, and cable machines in all the ways that will help you enhance your workouts and get you the best results possible.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
M.O.W. (Men on Weights)	Wed	9:15 AM	10:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Laine S.	Well Ctr

STARTER FIT

Starter Fit is an instructor-led 8 week small group orientation for anyone who is new to fitness and wants help starting out. We will teach you how to use all the cardio machines and selectorized strength machines at a slow and steady pace. No matter your fitness experience you will leave with a sense of accomplishment and confidence in the wellness center. Limited space, register early.

CLASS	WED	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Starter Fit	Wed	10:00 AM	11:00 AM	Feb 28	Apr 17		\$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
2x/wk discount (50% off 2nd day)										
Sports Performance Training Teens 12-17	Mon	3:45 PM	4:45 PM	Feb 26	Apr 15		\$52.00	\$104.00	Mike M./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Tue	3:45 PM	4:45 PM	Feb 27	Apr 16		\$52.00	\$104.00	Laine S./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Wed	3:45 PM	4:45 PM	Feb 28	Apr 17		\$52.00	\$104.00	Mike M./Aiden	S.P. Field
Sports Performance Training Teens 12-17	Thu	3:45 PM	4:45 PM	Feb 29	Apr 18		\$52.00	\$104.00	Laine S.	S.P. Field
Sports Performance Training Adults 15 and up	Mon	5:15 PM	6:15 PM	Feb 26	Apr 15		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	5:30 AM	6:30 AM	Feb 27	Apr 16		\$52.00	\$104.00	Sarah G.	S.P. Field
Sports Performance Training Adults 15 and up	Tue	9:15 AM	10:15 AM	Feb 27	Apr 16		\$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	Feb 27	Apr 16		\$52.00	\$104.00	Aiden/Laine	S.P. Field
Sports Performance Training Adults 15 and up	Wed	5:15 PM	6:15 PM	Feb 28	Apr 17		\$52.00	\$104.00	Eric B.	S.P. Field
Sports Performance Training Adults 15 and up	Thu	5:30 AM	6:30 AM	Feb 29	Apr 18		\$52.00	\$104.00	Abby T.	S.P. Field
Sports Performance Training Adults 15	Thu	9:15 AM	10:15 AM	Feb 29	Apr 18		\$52.00	\$104.00	Laine S.	S.P. Field
Intro To Sports Performance Training Adults 15 and up	Thu	5:15 PM	6:15 PM	Feb 29	Apr 18		\$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
2x/wk discount (50% off 2nd day)										
Sprint-8®	Tue	4:45 PM	5:10 PM	Feb 27	Apr 16		\$22.50	\$56.00	Sarah G.	Well Ctr
Sprint-8®	Thu	4:45 PM	5:10 PM	Feb 29	Apr 18		\$22.50	\$56.00	Abby T.	Well Ctr
Sprint-8®	Fri	9:45 AM	10:10 AM	Mar 1	Apr 19		\$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	Feb 28	Apr 17	Apr 10	\$31.50	\$63.00	Sara O.	Comm Rm
Meditation-Guided	Wed	8:30 AM	9:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Sara O.	Comm Rm
Pilates	Wed	8:00 AM	8:45 AM	Feb 28	Apr 17		\$31.50	\$63.00	Heidi B.	Studio 2/3
Pilates	Wed	8:00 AM	8:45 AM	Feb 28	Apr 17		\$31.50	\$63.00	Heidi B.	Virtual
Pilates	Fri	8:30 AM	9:15 AM	Mar 1	Apr 19		\$31.50	\$63.00	Tonya F.	Studio 2/3
Saturday Scramble	Sat	8:00 AM	8:45 AM	Mar 9	Apr 20	Mar 2, Mar 30	\$10.50	\$42.00	Rotate	Studio 1/2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Feb 29	Apr 18		\$31.50	\$63.00	Chris E.	Studio 1
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Feb 26	Apr 15		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Feb 29	Apr 18		\$31.50	\$63.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 26	Apr 15		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Will be back in Spring			\$31.50	\$63.00	Priscilla F.	Studio 1
Yoga-Hatha	Thu	5:15 PM	6:15 PM	Will be back in Spring			\$31.50	\$63.00	Priscilla F.	Comm Rm
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Feb 26	Apr 15		\$31.50	\$63.00	Prem L.	Studio 1
Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Feb 26	Apr 15		\$31.50	\$63.00	Ashley A.	Studio 1
Yoga-Vinyasa	Wed	5:30 AM	6:30 AM	Feb 28	Apr 17		\$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	Feb 28	Apr 17		\$14.00	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	5:15 AM	5:50 AM	Feb 26	Apr 15		\$22.50	\$56.00	Laurie T.	Studio 2/3
Cycle	Mon	6:00 PM	6:30 PM	Feb 26	Apr 15		\$22.50	\$56.00	Rachel B.	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Feb 27	Apr 16		\$22.50	\$56.00	Heidi B.	Studio 2
Cycle	Tue	5:30 PM	6:00 PM	Feb 27	Apr 16		\$22.50	\$56.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Feb 29	Apr 18		\$22.50	\$56.00	Patti S.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Feb 29	Apr 18		\$22.50	\$56.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Mar 1	Apr 19		\$22.50	\$56.00	Laurie T.	Studio 2/3
Fit for Life	M/W/F	6:15 AM	7:00 AM	Feb 26	Apr 19		FREE	\$39.50	Ellen K./Jon S. Renee S.	Gym A/B
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 28	Apr 17		\$14.00	\$56.00	Sarah G.	Comp Pool
Healthy Choice	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 27	Apr 16		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 27	Apr 16		FREE	\$39.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Feb 28	Apr 17		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Feb 29	Apr 18		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Mar 1	Apr 19		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Feb 26	Apr 15		\$14.00	\$56.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Feb 29	Apr 18		\$14.00	\$56.00	Jen L.	Studio 2
Martial Arts Kickboxing (Level 1)	Mon	6:30 PM	7:30 PM	Feb 26	Apr 15	Mar 4, Mar 11, Mar 18	\$20.00	\$40.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Feb 27	Apr 16	Mar 5, Mar 12	\$24.00	\$48.00	Tim S.	Gym Ctr
Saturday Scramble	Sat	8:00 AM	8:45 AM	Mar 9	Apr 20	Mar 2, Mar 30	\$10.50	\$42.00	Rotate	Studio 1/2/3
Sprint-8®	Tue	4:45 PM	5:10 PM	Feb 27	Apr 16		\$22.50	\$56.00	Sarah G.	Well Ctr.




Sprint-8@	Thu	4:45 PM	5:10 PM	Feb 29	Apr 18		\$22.50	\$56.00	Abby T.	Well Ctr.
Sprint-8@	Fri	9:45 AM	10:10 AM	Mar 1	Apr 19		\$22.50	\$56.00	Laine S.	Well Ctr.
Step	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Mar 1	Apr 19		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	Feb 27	Apr 16		\$14.00	\$56.00	Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Feb 27	Apr 16		\$14.00	\$56.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Feb 29	Apr 18		\$14.00	\$56.00	Laurie T.	Studio 2/3
55+ ForeverWell Strength	Mon	7:50 AM	8:25 AM	Feb 26	Apr 15		\$14.00	\$56.00	Dwight Z.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Feb 29	Apr 18		\$14.00	\$56.00	Mary Claire M.	Gym Ctr
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Feb 29	Apr 18		\$14.00	\$56.00	Mary Claire M.	Virtual
55+ ForeverWell Strength	Fri	7:50 AM	8:25 AM	Mar 1	Apr 19		\$14.00	\$56.00	Abby T.	Gym Ctr
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 28	Apr 17		\$14.00	\$56.00	Sarah G.	Comp Pool
Kettlebell	Mon	9:15 AM	10:15 AM	Feb 26	Apr 15		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Feb 28	Apr 17		\$22.50	\$56.00	Mike M.	Gym A/B
Martial Arts Kickboxing (Level 1)	Mon	6:30 PM	7:30 PM	Feb 26	Apr 15	Mar 4, Mar 11, Mar 18	\$20.00	\$40.00	Tim S.	Gym Ctr
Martial Arts Kickboxing (Level 1)	Tue	9:15 AM	10:15 AM	Feb 27	Apr 16	Mar 5, Mar 12	\$24.00	\$48.00	Tim S.	Gym Ctr
M.O.W. (Men on Weights)	Wed	9:15 AM	10:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Laine S.	Well Ctr
RIP	Wed	9:00 AM	10:00 AM	Feb 28	Apr 17		\$14.00	\$56.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Feb 28	Apr 17		\$14.00	\$56.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Mar 1	Apr 19		\$14.00	\$56.00	Patti S.	Studio 2/3
Saturday Scramble	Sat	8:15 AM	9:00 AM	Mar 9	Apr 20	Mar 2, Mar 30	\$10.50	\$42.00	Rotate	Studio 1/2/3
55+ Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Feb 26	Apr 15		FREE	\$39.50	Abby T.	Gym C
55+ Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Feb 28	Apr 17		FREE	\$39.50	Abby T.	Gym C
55+ Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Feb 26	Apr 15		FREE	\$39.50	Heidi B.	Gym A/B
55+ Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Feb 27	Apr 16		FREE	\$39.50	Linda W.	Gym A/B
55+ Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Feb 28	Apr 17		FREE	\$39.50	Kim D.	Gym A/B
55+ Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Feb 29	Apr 18		FREE	\$39.50	Christine M.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Mar 1	Apr 19		FREE	\$39.50	Abby T.	Gym A/B
55+ Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Mar 1	Apr 19		FREE	\$39.50	Abby T.	Virtual
Starter Fit	Wed	10:00 AM	11:00 AM	Feb 28	Apr 17		\$31.50	\$63.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Club	Wed	10:00 AM	11:00 AM	Feb 28	Apr 17		FREE	--	--	Well Ctr
W.O.W. (Women on Weights) Level 2	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		\$31.50	\$63.00	Aiden L.	Well Ctr
W.O.W. (Women on Weights) Level 1	Wed	9:45 AM	10:30 AM	Feb 28	Apr 17		\$31.50	\$63.00	Prisca B.	Well Ctr
W.O.W. (Women on Weights) Level 1	Thu	10:30 AM	11:15 AM	Feb 29	Apr 18		\$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	Feb 26	Apr 15		FREE	\$39.50	Debbie B.	Comp Pool
55+ Aqualite	Tue	8:45 AM	9:30 AM	Feb 27	Apr 16		FREE	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Wed	8:45 AM	9:30 AM	Feb 28	Apr 17		FREE	\$39.50	Dora L.	Comp Pool
55+ Aqualite	Thu	8:45 AM	9:30 AM	Feb 29	Apr 18		FREE	\$39.50	Mary Y.	Comp Pool
55+ Aqualite	Fri	8:45 AM	9:30 AM	Mar 1	Apr 19		FREE	\$39.50	Makayla T.	Comp Pool
55+ Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Feb 26	Apr 17		\$14.00	\$28.00	Mary Claire M. /Sarah G./ DCMC	Rec Pool
H2O Boot Camp	Wed	8:00 AM	8:40 AM	Feb 28	Apr 17		\$14.00	\$56.00	Sarah G.	Comp Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Feb 27	Apr 16		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Feb 28	Apr 17		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Feb 29	Apr 18		\$14.00	\$56.00	Makayla T. /Sarah G.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Mar 1	Apr 19		\$14.00	\$56.00	Margaret G.	Comp Pool
55+ Twinges	Mon	9:30 AM	10:15 AM	Feb 26	Apr 15		FREE	\$39.50	Ann E.	Rec Pool
55+ Twinges	Tue	8:30 AM	9:15 AM	Feb 27	Apr 16		FREE	\$39.50	Becky G.	Rec Pool
55+ Twinges	Wed	9:30 AM	10:15 AM	Feb 28	Apr 17		FREE	\$39.50	Ann E.	Rec Pool

 Twinges	Thu	8:30 AM	9:15 AM	Feb 29	Apr 18		FREE	\$39.50	Becky G.	Rec Pool
 Twinges	Fri	9:30 AM	10:15 AM	Mar 1	Apr 19		FREE	\$39.50	Ann E.	Rec Pool
 1 Hour Swim Challenge	March 1- 30					Mar 31	\$25.00	\$25.00	N/A	Comp Pool
Adult Swim Lessons	Sun	10:00 AM	10:45 AM	Mar 10	Apr 21	Mar 31	\$27.00	\$54.00	Arie H.	Comp Pool
Adult Swim Lessons	Wed	4:20 PM	5:05 PM	Mar 6	Apr 17		\$31.00	\$62.00	Arie H.	Comp 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	Feb 26	Apr 17		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
 Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Feb 27	Apr 18		\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
 Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		FREE	\$39.50	Christine M.	Studio 2/3
 Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		FREE	\$39.50	Christine M.	Virtual
 Land Arthritis	Thu	10:30 AM	11:15 AM	Feb 29	Apr 18		FREE	\$39.50	Christine M.	Studio 2/3
 LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	For more information contact Abby T.			FREE	FREE	Abby T./Megan S.	Studio 1
 STAYSTRONG	Tue	2:30 PM	3:15 PM	Feb 27	Apr 16		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.
 LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 26	Apr 15		FREE	\$39.50	Christine M.	Comm Rm
 LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 26	Apr 15		FREE	\$39.50	Christine M.	Virtual
 M.I.N.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	Christine M./DCMC	Studio 2/3
 Moving For Better Balance	T/Th	9:15 AM	10:15 AM	For more information contact Abby T.			\$65.00	\$85.00	Abby T./Sarah G.	Studio 2/3
 Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Feb 28	Apr 17		\$14.00	\$28.00	Suzanne H.	Studio 1
 Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
 Stepping On	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	Sarah G./Abby T.	ADRC
 Twinges	Mon	9:30 AM	10:15 AM	Feb 26	Apr 15		FREE	\$39.50	Ann E.	Rec Pool
 Twinges	Tue	8:30 AM	9:15 AM	Feb 27	Apr 16		FREE	\$39.50	Becky G.	Rec Pool
 Twinges	Wed	9:30 AM	10:15 AM	Feb 28	Apr 17		FREE	\$39.50	Ann E.	Rec Pool
 Twinges	Thu	8:30 AM	9:15 AM	Feb 29	Apr 18		FREE	\$39.50	Becky G.	Rec Pool
 Twinges	Fri	9:30 AM	10:15 AM	Mar 1	Apr 19		FREE	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	5:15 AM	6:15 AM	Feb 27	May 14		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Feb 27	May 14		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:30 AM	12:00 PM	Feb 27	May 14		\$14.00	\$28.00	Tess J.	Comm Rm
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Mar 13	Mar 13		\$10.00	\$10.00	Becky B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Apr 17	Apr 17		\$10.00	\$10.00	Becky B.	Studio 3
Lifeguard Certification Training - <i>MUST attend all four days</i>	15+	Thu-Sun	March 21 & 22 5:00PM-8:00PM 23 & 24 8:00AM-5:00PM			March	\$325.00		Free Course and Y Membership when you join our Team	Rec/Comp & Meeting Rm.
Lifeguard Recertification Training - <i>MUST hold a current lifeguard certification</i>	15+	Sat	8:00 AM	5:00 PM	Apr 6	Apr 6	\$150.00			Rec/Comp & Meeting Rm.

Adult Sports

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Fri	5:30 PM	6:45 PM	Mar 1	Apr 19	Mar 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	Mar 3	Apr 21	Mar 31	\$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 non Y member		Staff	Gym A/B