



S26 GROUP FITNESS

Summer 2026 • June 15 - August 23

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

55+ 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	Jun 18	Aug 20		\$20.00	\$75.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$75.00	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 16	Aug 18		FREE	\$75.00	Becky A.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$75.00	Staff	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	\$63.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$163.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$310.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$479.00	--	--	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

Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 16	Sep 1		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jul 7	Sep 22		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Jun 16	Aug 18		\$18.50	\$36.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Jun 16	Aug 18		\$18.50	\$36.50	Tess J.	Comm. Rm.

PERSONAL TRAINING (MEMBERS ONLY)

VIRTUAL OPTIONS ARE ALSO AVAILABLE Sessions expire one year after date of purchase

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	\$63.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$163.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$310.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$479.00	--	--	SB YMCA

SMALL GROUP TRAINING (MEMBERS ONLY)

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Beginner-Kettlebell-Small-Group-Training	Tue	11:45 AM	12:30 PM	Jun 16	Aug 4		\$65.00	\$85.00	Becky A.	Well. Ctr.
Beginner-Kettlebell-Small-Group-Training	Thu	11:45 AM	12:30 PM	Jun 18	Aug 6		\$65.00	\$85.00	Becky A.	Well. Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Jun 17	Aug 5		\$65.00	\$85.00	Scott G./ Prisca F.	Well. Ctr.
TRX® Band Small Group Training	Thu	10:30 AM	11:00 AM	Jun 18	Aug 6		\$65.00	\$85.00	Scott G./ Prisca F.	Well. Ctr.

WELLNESS CENTER PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Sprint 8	Mon	11:30 AM	12:00 PM	Jun 15	Aug 3		FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Jun 17	Aug 5		FREE	---	Scott G.	Well. Ctr.

Sprint-8	Wed	9:30 AM	10:00 AM	Jun-17	Aug-5		FREE	---	Kristi-W.	Well. Ctr.
Sprint-8	Thu	11:30 AM	12:00 PM	Jun-18	Aug-6		FREE	---	Matt O.	Well. Ctr.
Starter-Fit	Tue	9:45 AM	10:30 AM	Jun-16	Aug-4		\$36.00	\$72.00	Scott G.	Well. Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jun 15	Aug 3		\$36.00	\$72.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jun 17	Aug 5		\$36.00	\$72.00	Prisca F.	Well. Ctr.

POWER TRAINING/SPORTS PERFORMANCE TRAINING

UNLOCK YOUR FITNESS POTENTIAL AND DISCOVER YOUR POWER

Progression – Encouraging continuous improvement, no matter the starting point.

Optimization – Maximizing performance by targeting all areas of fitness.

Wellness – Fostering overall health, including strength, mobility, and mental well-being.

Endurance – Building stamina alongside strength.

Resilience – Developing the mental and physical toughness to overcome challenges.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
2x/wk discount (50% off 2nd day)										
UNLIMITED PACKAGE (Unlimited classes)	M-S	-	-	Jun 15	Aug 22	Jul 4	\$144.00	N/A	STAFF	S.P. Field
POWER Express	Mon	5:30 PM	6:00 PM	Jun 15	Aug 17		\$65.00	\$130.00	Abby B./ Angie D.	S.P. Field
POWER	Tue	5:30 AM	6:30 AM	Jun 16	Aug 18		\$65.00	\$130.00	Sarah G.	S.P. Field
POWER	Tue	9:15 AM	10:15 AM	Jun 16	Aug 18		\$65.00	\$130.00	Lizzy A.	S.P. Field
POWER	Tue	5:15 PM	6:15 PM	Jun-16	Aug-18		\$65.00	\$130.00	Joe B.	S.P. Field
POWER Express	Wed	5:30 AM	6:00 AM	Jun 17	Aug 19		\$65.00	\$130.00	Angie D.	S.P. Field
POWER	Wed	5:15 PM	6:15 PM	Jun 17	Aug 19		\$65.00	\$130.00	Abby B.	S.P. Field
POWER	Thu	5:30 AM	6:30 AM	Jun 18	Aug 20		\$65.00	\$130.00	Abby B.	S.P. Field
POWER-	Thu	5:15 PM	6:15 PM	Jun-18	Aug-20		\$65.00	\$130.00	Scott G.	S.P. Field
POWER Express	Fri	5:30 AM	6:00 AM	Jun 19	Aug 21		\$65.00	\$130.00	Angie D.	S.P. Field
POWER Express	Sat	8:00 AM	8:30 AM	Jun 20	Aug 22	Jul 4	\$65.00	\$130.00	STAFF	S.P. Field
Sports Performance Training (Ages 12-17)	Wed	4:00 PM	5:00 PM	Returning in Fall					Mike M./ Scott G.	S.P. Field

BODY, MIND & SPIRIT

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
360	Meditation-Beginner	Wed	9:30 AM	10:45 AM	Returning in Fall					Sara O.	Mtg. Room
260	Meditation-Guided	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		\$45.00	\$90.00	Sara O.	Mtg. Room
360	Meditation-Guided	Wed	8:30 AM	9:15 AM	Jun 17	Aug 19		\$45.00	\$90.00	Sara O.	Mtg. Room
	Pilates	Mon	9:15 AM	10:00 AM	Jun 15	Aug 17		\$45.00	\$90.00	Heidi B.	Studio 2/3
	Pilates	Mon	6:00 PM	6:45 PM	Jun 15	Aug 17		\$45.00	\$90.00	Kendi D.	Studio 3
	Pilates	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		\$45.00	\$90.00	Deb M.	Studio 1
	Pilates	Tue	5:15 PM	6:00 PM	Jun 16	Aug 18		\$45.00	\$90.00	Tonya F.	Studio 2/3
	Pilates	Wed	8:00 AM	8:45 AM	Jun 17	Aug 19		\$45.00	\$90.00	Heidi B.	Studio 2/3
	Pilates	Fri	8:00 AM	8:45 AM	Jun 19	Aug 21		\$45.00	\$90.00	Tonya F.	Studio 2/3
260	Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 18	Aug 20		\$45.00	\$90.00	Chris E./ Seth W.	Studio 1
260	Yoga-Aqua	Thu	9:30 AM	10:30 AM	Returning in Fall					Nina H.	Rec. Pool
	Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 15	Aug 17		\$45.00	\$90.00	Dwight Z.	Studio 1
	Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 17	Aug 19		\$45.00	\$90.00	Suzanne H.	Studio 1
	Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 18	Aug 20		\$45.00	\$90.00	Dwight Z.	Studio 1
360	Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall					Suzanne H.	Studio 1
	Yoga-Sunrise Gentle	Thur	6:30 AM	7:30 AM	Jun 18	Aug 20		\$45.00	\$90.00	Nina H.	Peterson Park/Studio 1
	Yoga-Swasthya	Thur	7:00 AM	8:15 AM	Jun 18	Aug 20		\$45.00	\$90.00	Prem L.	Studio 1
260	Yoga-For Pain Relief	Tue	10:30 AM	11:15 AM	Jun 23	Aug 18	Jun 16	\$40.50	\$81.00	Deb M.	Studio 1
	Yoga-Vinyasa	Mon	6:00 AM	6:50 AM	Jun 15	Aug 17		\$45.00	\$90.00	Jan M.	Studio 1
	Yoga-Vinyasa	Mon	6:45 PM	7:45 PM	Returning in Fall					Ashley A.	Studio 1
	Yoga-Vinyasa	Tue	9:15 AM	10:15 AM	Jun 16	Aug 18	Aug 4	\$40.50	\$81.00	Laurel B.	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	Jun 17	Aug 19		\$20.00	\$75.00	Laurie T.	Studio 2/3
	Cycle	Mon	5:15 AM	5:50 AM	Jun 15	Aug 17		\$28.50	\$75.00	Laurie T.	Studio 2/3
	Cycle	Mon	6:10 PM	6:40 PM	Jun 15	Aug 17		\$28.50	\$75.00	Joe B.	Studio 2
	Cycle	Tue	8:00 AM	8:40 AM	Jun 16	Aug 18		\$28.50	\$75.00	Sarah G.	Studio 2
	Cycle	Tue	9:00 AM	10:00 AM	Returning in Fall					Jacob M.	Studio 2
	Cycle	Thu	8:00 AM	9:00 AM	Jun 18	Aug 20		\$28.50	\$75.00	Stephanie K.	Studio 2
	Cycle	Thu	6:00 PM	6:30 PM	Jun 18	Aug 20		\$28.50	\$75.00	Jen L.	Studio 2
	Cycle	Fri	5:15 AM	5:50 AM	Jun 19	Aug 21		\$28.50	\$75.00	Laurie T.	Studio 2/3
	Dance Fit	Mon	5:00 PM	5:45 PM	Returning in Fall					Jane B.	Studio 2/3
	Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 15	Aug 21		FREE	\$225.00	April M./ Ellen K./Jon S.	Gym A/B

Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 15	Aug 17		FREE	\$75.00	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 16	Aug 18		FREE	\$75.00	Amy A./ Sarah G.	Gym A/B
Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 17	Aug 19		FREE	\$75.00	Mary Claire M.	Gym A/B
Healthy Choice-Beginner	Thu	9:00 AM	10:00 AM	Jun 25	Aug 20	Jun 18	FREE	\$67.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 19	Aug 21		FREE	\$75.00	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 15	Aug 17		\$20.00	\$75.00	Joe B.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jun 18	Aug 20		\$20.00	\$75.00	Jen L.	Studio 2
Line Dancing	Thu	11:15 AM	12:00 PM	Jun 18	Aug 20	July 23	\$18.00	\$67.50	Grace C.	Gym C
Sprint 8	Mon	11:30 AM	12:00 PM	Jun 15	Aug 3		FREE	---	Markanique W.	Well. Ctr.
Sprint 8	Wed	5:30 PM	6:00 PM	Jun 17	Aug 5		FREE	---	Scott G.	Well. Ctr.
Sprint-8	Wed	9:30 AM	10:00 AM	Jun-17	Aug-5		FREE	---	Kristi-W.	Well.-Ctr.
Sprint-8	Thu	11:30 AM	12:00 PM	Jun-18	Aug-6		FREE	---	Matt-O.	Well.-Ctr.
Step	Mon	8:00 AM	9:00 AM	Jun 15	Aug 17		FREE	\$75.00	Stephanie K.	Studio 2
Step	Fri	8:00 AM	9:00 AM	Jun 19	Aug 21		FREE	\$75.00	Linda W.	Studio 1
Zumba Gold	Tue	11:15 AM	12:00 PM	Jun 16	Aug 18	Jul 28	\$18.00	\$67.50	Grace C.	Gym C

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	End	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	10:00 AM	Returning in Fall					Micaela I.	Studio 3
Essentrics Extra Strength	Thu	9:15 AM	10:15 AM						Micaela I.	Studio 2/3
Flex Power	Tue	5:15 AM	6:00 AM	Jun 16	Aug 18		\$20.00	\$75.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jun 18	Aug 20		\$20.00	\$75.00	Laurie T.	Studio 2/3
Flex Power	Fri	9:15 AM	10:00 AM	Jun 19	Aug 21		\$20.00	\$75.00	Heidi B.	Studio 2/3
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Jun 15	Aug 17		\$20.00	\$75.00	Dwight Z.	Gym. Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 18	Aug 20		\$20.00	\$75.00	Mary Claire M.	Gym. Ctr.
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Jun 19	Aug 21		\$20.00	\$75.00	Abby B.	Gym. Ctr.
Kettlebell	Mon	9:15 AM	10:15 AM	Returning in Fall					Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM						Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Jun 24	Aug 19	Jun 17	\$18.00	\$67.50	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jun 17	Aug 19		\$20.00	\$75.00	Jen L.	Studio 2/3
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Jun 15	Aug 17		FREE	\$75.00	Abby B.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Jun 17	Aug 19		FREE	\$75.00	Abby B.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jun 15	Aug 17		FREE	\$75.00	Judy S.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 16	Aug 18		FREE	\$75.00	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jun 17	Aug 19		FREE	\$75.00	Linda W.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 18	Aug 20		FREE	\$75.00	Deb M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 19	Aug 21		FREE	\$75.00	Abby B.	Gym A/B
Starter-Fit	Tue	9:45 AM	10:30 AM	Jun-16	Aug-4		\$36.00	\$72.00	Scott-G.	Well.-Ctr.
Beginner-Kettlebell-Small-Group-Training	Tue	11:45 AM	12:30 PM	Jun-16	Aug-4		\$65.00	\$85.00	Becky-A.	Well.-Ctr.
Beginner-Kettlebell-Small-Group-Training	Thu	11:45 AM	12:30 PM	Jun-18	Aug-6		\$65.00	\$85.00	Becky-A.	Well.-Ctr.
TRX® Band Small Group Training	Wed	10:30 AM	11:00 AM	Jun 17	Aug 5		\$65.00	\$85.00	Scott G./ Prisca F.	Well. Ctr.
TRX®-Band-Small-Group-Training	Thu	10:30 AM	11:00 AM	Jun-18	Aug-6		\$65.00	\$85.00	Scott-G./-Prisca-F.	Well.-Ctr.
W.O.W. (Women on Weights)	Mon	6:15 PM	7:00 PM	Jun 15	Aug 3		\$36.00	\$72.00	Angie D.	Well. Ctr.
W.O.W. (Women on Weights)	Wed	9:30 AM	10:15 AM	Jun 17	Aug 5		\$36.00	\$72.00	Prisca F.	Well. Ctr.
W3-Women, Weights and Wellness	Sat	9:00 AM	10:00 AM	Returning in Fall					Anna T.	Well. Ctr.

WATER FITNESS

CLASS	DAY	START	END	START		NO CLASS	MEMBER	COMM.	INST	LOC
 Aqualite	Mon	8:35 AM	9:20 AM	Jun 15	Aug 17		FREE	\$75.00	Debbie B.	Comp. Pool
 Aqualite	Tue	8:35 AM	9:20 AM	Jun 16	Aug 18		FREE	\$75.00	Mary Y.	Comp. Pool
 Aqualite	Wed	8:35 AM	9:20 AM	Jun 17	Aug 19		FREE	\$75.00	Dora L.	Comp. Pool
 Aqualite	Thu	8:35 AM	9:20 AM	Jun 18	Aug 20		FREE	\$75.00	Mary Y.	Comp. Pool
 Aqualite	Fri	8:35 AM	9:20 AM	Jun 19	Aug 21		FREE	\$75.00	Makayla T.	Comp. Pool
 Aquatic Knee/Hip Joint	M/W	11:30 AM	12:15 PM	Jun 15	Aug 19		\$20.00	\$40.00	Mary Claire M./ Sarah G./ DCMC	Rec. Pool
H2O Boot Camp	Wed	7:45 AM	8:30 AM	Jun 17	Aug 19		\$20.00	\$75.00	Sarah G.	Comp. Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jun 16	Aug 18		\$20.00	\$75.00	Mary Claire M.	Comp. Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jun 17	Aug 19		\$20.00	\$75.00	Julie D.	Comp. Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jun 18	Aug 20		\$20.00	\$75.00	Sarah G.	Comp. Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jun 19	Aug 21		\$20.00	\$75.00	Margaret G.	Comp. Pool
 Twinges	Mon	9:30 AM	10:15 AM	Jun 15	Aug 17		FREE	\$75.00	Lori S.	Rec. Pool
 Twinges	Tue	8:30 AM	9:15 AM	Jun 16	Aug 18		FREE	\$75.00	Mary T.	Rec. Pool
 Twinges	Wed	9:30 AM	10:15 AM	Jun 17	Aug 19		FREE	\$75.00	Judy S.	Rec. Pool
 Twinges	Thu	8:30 AM	9:15 AM	Jun 18	Aug 20		FREE	\$75.00	Nina H.	Rec. Pool
 Twinges	Fri	9:30 AM	10:15 AM	Jun 19	Aug 21		FREE	\$75.00	Alice F.	Rec. Pool

Yoga-Aqua	Thu	9:30 AM	10:30 AM	Returning in Fall				Nina H.	Rec. Pool
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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	Jun 15	Aug 19		\$20.00	\$40.00	Mary Claire M. / Sarah G. / DCMC	Rec. Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 16	Aug 20		\$20.00	\$40.00	Laurie T./ DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 16	Aug 18		FREE	\$75.00	Becky A.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 18	Aug 20		FREE	\$75.00	Judy S.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	Contact Abby Baker for more information.					FREE	FREE	Abby B./ Matt O.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 16	Aug 18		FREE	\$75.00	Abby B./ Matt O.	Well. Ctr.
M.IN.D.	Mon	Contact Abby Baker for more information.					FREE	FREE	DCMC	Studio 2/3
Moving For Better Balance	M/W	Contact Abby Baker for more information.					\$75.00	\$95.00	Abby B.	Studio 2
Moving For Better Balance Alumni	Wed	10:30 AM	11:00 AM	Returning in Fall					Suzanne H.	Studio 1
Rock Steady Boxing (Parkinson's)	M/W	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Abby B./ Brett C.	Studio 1
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	DCMC	Studio 2
Twinges	Mon	9:30 AM	10:15 AM	Jun 15	Aug 17		FREE	\$75.00	Lori S.	Rec. Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 16	Aug 18		FREE	\$75.00	Mary T.	Rec. Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 17	Aug 19		FREE	\$75.00	Judy S.	Rec. Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 18	Aug 20		FREE	\$75.00	Nina H.	Rec. Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 19	Aug 21		FREE	\$75.00	Alice F.	Rec. Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 16	Sep 1		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jul 7	Sep 22		\$100.00	\$125.00	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	8:00 AM	8:25 AM	Jun 15	Aug 23		\$18.50	\$36.50	Tess J.	Comm. Rm.
Y's Weight Loss Alumni Club	Tue	11:10 AM	11:40 AM	Jun 15	Aug 23		\$18.50	\$36.50	Tess J.	Comm. Rm.
Art Exploration for Adults with Disabilities	Wed	1:00 PM	2:00 PM	Jun 10	Jun 10		\$10.00	\$10.00	Rebecca B.	Studio 2/3
Fermentation & Pickling	Sat	9:00 AM	10:30 AM	Aug 22	Aug 22		\$35.00	\$70.00	Annette V.	Kitchen
Preserving the Season	Sat	9:00 AM	11:30 AM	June 27	June 27		\$35.00	\$70.00	Annette V.	Kitchen
Summer Salads, Salsas and Microgreens	Sat	9:00 AM	10:30 AM	July 25	July 25		\$35.00	\$70	Annette V.	Kitchen

PRIVATE SWIM LESSONS

CLASS		MBR.	COMM.	Loc
Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$100.00	\$150.00	Rec./Comp.
Semi-Private Swim Lessons	By appointment (price is per person, 4 lessons)	\$80.00	\$130.00	Rec./Comp.

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey -	Thu	5:00 PM	6:45 PM	Jun 18	Aug 20		\$16.50 for a 3 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee or \$33.00 for the session	Kendall B.	Comp. Pool
Underwater Hockey -	Sun	10:45 AM	12:45 PM	Jun 21	Aug 23		\$55.00 for a 10 week session; \$7 drop in fee	Daily Fee + \$7 drop in fee or \$110 for the session	Kendall B.	Comp. Pool

LIFEGUARD CLASS

CLASS		START	END	START	END	NO CLASS		INST	LOC
Lifeguard Certification Training - <i>MUST attend all class sessions</i>	15+ yr	Monday August 3rd - Friday August 7th 12:00-6:00 pm				\$325.00	Free Course and Y Membership when you join our Team	Staff	Rec./Comp. & Meeting Rm.

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Mahjongg	Fri	10:30 AM	12:00 PM	Open Play Every Friday			FREE	FREE		Social Lounge
Cribbage/Card Play	Wed	1:00 PM	3:00 PM	Open Play Every Wednesday			FREE	FREE		Social Lounge
Page Turners Book Club	Thu	11:45 AM	1:00 PM	3rd Thursday of the month			FREE	FREE	Annette V.	Comm. Rm.
Together Days	Tue	11:30 AM	12:30 PM	See FW Newsletter			FREE	FREE		Comm. Rm.

Wisdom Wednesday	Wed	11:30 AM	12:30 PM	2nd Wednesday of the month		FREE	FREE		Comm. Rm.
WomenHeart	Thu	9:00 AM	10:30 AM	3rd Thursday of the month		FREE	FREE		Mtg. Room
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month		FREE	FREE		Meeting Room