



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVE OLDER ADULTS

STAFF CONTACTS

ACY – Amanda Vander Logt Fitness Coordinator P 702.2316 E avanderlogt@ymcafoxcities.org

APY – Kristina Schultz Fitness Director P 954.7616 E kschultz@ymcafoxcities.org

FWY - Kirsten Rice Health & Fitness Director P 560.3413 E krice@ymcafoxcities.org

HVY - Paula Beyer Wellness Director P 830.5708 E pbeyer@ymcafoxcities.org

NMY – Cheryl Richard Active Older Adults Director P 886.2152 E crichard@ymcafoxcities.org

See Health and Fitness for listing of current exercise programming.

SENIOR FRIENDS (NMY)

Open to the Winnebago County Community

SENIOR PROGRAM PASS (60+) - Available at the Neenah-Menasha YMCA only. Winnebago County Residents only. Calumet County if you are paying City of Menasha taxes. Must show proof of residency. \$27.00 per month + \$50 registration deposit for new participants. Monday-Friday (Times may vary for each activity.)

YMCA SENIOR MEMBER OR INSURANCE BASED MEMBERSHIPS (65+)

Includes membership to YMCA and also Senior Friends Program. Inquire within the YMCA for Adult, Family, Membership Rates. Monthly and yearly memberships available.

Fall Session 1: September 8-October 25, 2020

This is a working document and is subject to change.

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