



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# ACTIVE OLDER ADULT

## STAFF CONTACTS

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Assoc—Kate Yates AOA Director P 886-2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

## SENIOR FRIENDS PROGRAM (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 (ACY, APY, FWY, HVY, NMY, OGY) (65+)

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

## HEALTH AND FITNESS PROGRAMS

Below is a sample listing of the YMCA Health and Fitness offerings that are specially designed to improve your spirit, mind and body. In order to provide physical distancing within the programs we ask you reserve your spot in class as early as 48 hours in advance on our YMCA of the Fox Cities APP or website. **INSTRUCTIONS FOR DOWNLOADING THE APP ARE LOCATED BELOW THE SAMPLE CLASS LISTING. THE TIMES/DAYS/LOCATIONS OF EACH CLASS ARE LOCATED ON THE APP.**

## SAMPLE LISTING OF LAND FITNESS OFFERINGS

### CORE – STRENGTH - CORE

A mix of core and strength exercises, using various types of equipment every week. Incorporates stability

balls, free weights, exercise bands, and medicine balls.

### **DRUMS ALIVE**

Drums Alive joins the dynamic movements of aerobic dance with the pulsating rhythms of the drum. It is designed to burn fat, improve physical and mental fitness and above all, be fun. The workout includes the use of a stability ball and drumsticks.

### **SILVERSNEAKERS® – CLASSIC**

Move to the music through a variety of exercises to increase muscular strength, range of movement, and activities for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support.

### **SIMPLY FIT**

Class suited for all levels of fitness. Utilizes simple, low impact aerobic choreography, resistance training, mind/body techniques, and stretching to deliver a total body workout. Class is for anyone new to exercise, returning to exercise, or looking to complement their current workout routine.

### **SIMPLY STRENGTH**

Moderately paced class, suited for the novice to intermediate exerciser. Learn the basics of strength training using a variety of techniques and equipment. Women only at Appleton YMCA.

### **SIMPLY WELL**

A friendly chair based, go at your own pace, exercise class. Enjoy moving to your favorite tunes. Class includes cardio/strength/range of motion/flexibility and relaxation.

### **STRENGTH & RESISTANCE**

Learn the basics of weight training, reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls. Aerobics not included.

### **STRENGTH & RESISTANCE EXPRESS**

All the fun of a 45 min Strength & Resistance class in just 30-minutes! Learn the basics of weight training, reduce body fat, and improve bone density using hand held weights, body bars, tubing and stability balls. Aerobics not included.

### **ZUMBA®**

Combines motivating high-energy music with unique moves and combinations. Based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits.

## **SAMPLE LISTING OF SPIRIT, MIND & BODY CLASSES**

**\*\* For all yoga and Pilates® classes, please bring a sticky mat and water bottle.**

### **CHAIR YOGA**

This class is designed specifically with seniors and those who need a little extra support in mind. Participants will move, breathe, and laugh thru basic yoga postures using our chairs for assistance.

### **HATHA YOGA**

Students will learn basic yoga poses while connecting with the breath to increase strength, range of motion and body awareness. Come to this class to relax, have fun, breathe deeply, move mindfully, and leave with a happy heart! For all levels.

### **PILATES**

Pilates workouts focus first on developing strength through the core including the back, abdomen and hips. Flow through a series of dynamic movements that concentrate not only on strength but also

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flexibility and coordination to create a stronger, leaner you. Pilates is a tool to educate the body to have better posture and move in a more efficient way.

### **SIMPLY YOGA**

For students who like to practice vinyasa (flow) yoga but are not able to transition from standing to floor postures repetitively. Walls and chairs can be used to assist in standing balancing postures. Great for beginners and seniors!

### **SLOW FLOW YOGA**

This class is formatted for students who like to practice vinyasa (flow) yoga but are not able to transition from standing to floor postures repetitively. Floor work is required. Walls and chairs can be used to assist in standing balancing postures. If you have never practiced yoga before this will offer you the opportunity to learn the postures from an upright standing position. Enjoy a gently-paced flow of yoga poses – pausing to focus on breath and body-mind control. Increase your strength, flexibility and balance. Excellent yoga choice for beginners and seniors!

### **VINYASA FLOW YOGA**

Like Power Vinyasa as it is a flow of poses that incorporates breath, gaze, stretching, and abdominal control. Yet more of a moderate level, suitable for all levels of yoga participants.

## **SAMPLE LISTING OF WATER FITNESS**

**\*\*** Some swimming skills required. Modifications can be made for the non-swimmer.

### **AQUA YOGA**

Yoga based concepts to strengthen and lengthen the entire body. This whole-body approach emphasizes core conditioning, breathing, strength and flexibility.

### **AQUA ZUMBA®**

ZUMBA in the pool! Shallow water class.

### **ARTHRITIS AQUA**

The Arthritis Foundation recommends water fitness classes that allow you to exercise without putting excess strain on your joints and muscles. The gentle activities in water, with guidance from an instructor, will help you improve flexibility, strength and range of motion and help you decrease pain and stiffness.

### **DEEP WATER EXERCISE \*\***

Provides a great workout with no bone or joint impact. Swim ability is required. Floatation devices, hand buoys, and hand paddles are used.

**H2O EXERCISE** Aerobic workout is low intensity, providing less stress on joints and bones. The buoyancy and resistance of the water will help you get the workout you want. Classes are held in shallow water.

### **H2O FUSION \*\***

Deep and shallow water fitness all in one class! Anything goes from circuit training, water walking, dance based choreography, plyometrics, strength, intervals, balance and flexibility. (Fox West Y is shallow water only.) Slightly higher intensity than "H2O Exercise".

### **H2O STRENGTH & STRETCH**

Experience the unique properties of shallow and deep water to improve flexibility and strength through a variety of mind body and traditional training forms. Suitable for all fitness levels.

**SIMPLY FIT H2O** The water is a wonderful medium in which to exercise! It takes stress off the joints while providing natural resistance to help you tone and trim your body. Shallow water exercises improve agility, flexibility and cardiovascular endurance. Class is designed for ages 55 years and older and no swimming ability is required. A variety of equipment will be used in class.

**All group exercise classes, times, days, descriptions, and branch locations can be found on the YMCA of the Fox Cities APP.** The APP is available for iPhones and Androids and can be downloaded at the Google Play Store or iTunes Store.

Here are the steps to find the APP:

- In the APP Store or Google Play Store, search **YMCA FOX CITIES**.
- Download the APP that has the Y logo.
- Select "Allow" for notifications (and location if desired).
- All notifications will be set to OFF. Update those for each branch in the More button/Preferences/Notifications.
- At the bottom of the screen click on the Cards icon.
- Click Add New Card.
- Enter the name of the person whose card number you wish to add.
- Enter your bar code number, then click Save.
- Multiple bar codes can be stored. If you wish to add an additional number, click Add New Card.

## WELLNESS PROGRAMS

### FOOT CARE CLINICS (ACY, FWY, HVY, NMY)

A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. The nurse will look out for any concerning issues and refer you to a podiatrist, if necessary. Please note that you must attend the Foot Care Clinic in person. **Call 920.727.5555** to schedule your **20-minute** appointment. FEE: \$30

**Questions??** Contact: Kate Yates P 920.886.2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

### PEDALING FOR PARKINSON'S (FWY, HVY)

Group cycling and support helps reduce symptoms in Parkinson's disease sufferers and improves the quality of life for patients and their caregivers. Eligible adults aged 30-75 with a Parkinson's diagnosis ride indoor cycles at 80-90 RPM, two times per week, 60 minutes each session, over the course of 8 weeks. YMCA staff are trained by certified indoor cycling instructors following the Pedaling for Parkinson's protocol and monitor heart rate and exercise frequency. \*Those interested who are over 75 years of age, please contact the branch contact person noted below.

**Cost:** Fees are listed below (care giver/support person is free)

**Contact:** FWY – JJ Guttman, Wellness Director P 920.560.0421 E [jguttman@ymcafoxcities.org](mailto:jguttman@ymcafoxcities.org)

HVY – Paula Beyer, Health & Fitness Director P 920.830.5708 E [pbeyer@ymcafoxcities.org](mailto:pbeyer@ymcafoxcities.org)

## PERSONAL AND PRIVATE GROUP TRAINING

### PERSONAL, PARTNER AND PRIVATE TRAINING (ACY, APY, FWY, HVY, NMY, OGY)

Our focus is on the fundamentals of exercise with attention to detail. Your workouts will be tailored to your fitness goals, level, and needs with an emphasis on form, safety, and consistency. Your Personal Trainer will provide you with detailed and up-to-date knowledge of the human body and program design so you can be successful in the future. By making a short-term investment now, you will gain lifelong knowledge and benefits. Please contact the Personal Training contact listed above for pricings and to design a program for you.

## MASSAGE AND SPA SERVICES FOR ADULTS (AGES 18 YEARS AND OLDER)

### (ACY, APY) \*SERVICES VARY AT EACH BRANCH

Relaxation, Therapeutic and Sports massages. Chair Massages, Facials and Back Treatments, and waxing treatments are also offered. Please call to make an appointment. When making your appointment, please let them know if you have any special health issues. Please see this link for prices, locations and all other information: <https://www.ymcafoxcities.org/massage-and-spa-services>.

## INJURY/REHAB PROGRAMS

We provide both Pre-hab and Post-Rehab services. Our trained specialists will help you prepare physically prior to surgery for a musculoskeletal injury, and work with your physical therapist to get you back on track to improving your physical fitness once your treatments are completed. For additional information or to register, please contact Loel Kreger Wellness Director P 920.954.7658 E [lkreger@ymcafoxcities.org](mailto:lkreger@ymcafoxcities.org)

### INJURY SCREENS (ACY, APY, FWY, HVY, NMY)

A partnership between the YMCA of the Fox Cities and Advanced Physical Therapy & Sports Medicine

- FREE 15 Minute injury screen offered to members
- Available at all 5 branch locations
- Please contact your local YMCA branch Wellness Center for screening dates and times

### NUTRITION COUNSELING (APY, FWY, HVY, NMY)

Our Registered Dietitians are here to help you with your Wellness goals! Invest in your health and schedule a private consultation with a registered dietitian to analyze your eating habits and design an individualized nutrition plan that addresses your specific dietary and supplement needs. Our dietitians have experience in sports nutrition, eating disorders, weight loss, weight gain, meal planning and eating within budget.

## ADULT SPORTS

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Open Pickleball	NMY	18 years and older	WF	1:00 PM	3:00 PM	FREE	Day Pass Rate
Open Volleyball	NMY	18 years and older	TH	7:00 PM	8:45 PM	FREE	Day Pass Rate
Open Basketball	NMY	18 years and older	M/TH/F	11:00 AM	1:00 PM	FREE	Day Pass Rate
Open Basketball	APY	18 years and older	SAT	6:00 AM	8:00 AM	FREE	Day Pass Rate

## TECHNOLOGY CLASSES

### GET CONNECTED, STAY CONNECTED

Staying connected with friends and family has never been so easy! Learn the basics of today's technology, and how you can stay up to date with family and friends all over the world. Instruction is available for those age 55 and older. Our volunteers can help you learn about such things as Phone settings, Facebook, Google, Messaging, Zoom, etc. We will ask you to bring your own device, so you can learn how easy it is to stay connected. Rental equipment is also available for a fee.

Schedule a one-on-one class now by contacting: Julie Swiecichowski (P) 920.886.2177

(E) [jswiecichowski@ymcafoxcities.org](mailto:jswiecichowski@ymcafoxcities.org).

COST: FREE

### SMALL GROUP TECHNOLOGY CLASSES

On the second Tuesday of each month, the Neenah-Menasha YMCA will host a group technology class. Each month, the focus and topic will change. Sign up takes place at the front desk. You can also call to get your name on the list, 920.729.9622. COST: FREE

***Grant funding for Get Connected Stay Connected was awarded by Bader Philanthropies.***

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## SWIM LESSONS FOR Adults

The instructor will meet the needs of each individual person attending the class. This class will help the very beginner swimmer to the more advanced swimmer trying to refine their strokes. Program session for aquatics is 8 weeks: June 13-August 14, 2022.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Teen/Adult Swim Lessons	APY	15 years and older	T	11:50 AM	12:20 PM	\$40	\$76

## DANCE CLASSES FOR ADULTS

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Class name	YMCA	Age	Day	Start	End	Y Member 4wk/6wk	General Public 4wk/6wk
Ballet	HVY	12 years and up	M	8:00 PM	9:00 PM	\$51/\$77	\$64/\$96
Ballet	NMY	12 years and up	M	10:00 AM	11:30 AM	\$75/\$113	90/\$134
Ballet	NMY	12 years and up	W	10:00 AM	11:30 AM	\$75/\$113	90/\$134
Pointe	NMY	12 years and up	M	12:30 PM	1:00 PM	\$27/\$41	\$38/58
Pointe	NMY	12 years and up	W	12:30 PM	1:00 PM	\$27/\$41	\$38/58
Lyrical/Contemporary	NMY	12 years and up	T	10:00 AM	10:45 AM	\$39/\$59	\$51/\$77
Jazz	NMY	12 years and up	T	11:00 AM	11:45 AM	\$39/\$59	\$51/\$77
Tap	NMY	12 years and up	M	7:20 PM	8:05 PM	\$39/\$59	\$51/\$77

## NEENAH-MENASHA YMCA SPECIALTY DANCE CLASSES

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3 -**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

### **DANCE STRETCH AND STRENGTHEN- FORMERLY "DANCE PILATES" (AGES 12-ADULT) (NMY)**

This high energy mat class is set with pop music for a fresh outlook on the Pilates Method. Traditional Pilates Method sets are paired with floor barre movements to offer deep conditioning exercises that improve flexibility, increase strength, and create long, lean muscles. With the ability to work at your own pace, you will progress toward your optimal fitness.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Dance Stretch and Strengthen	NMY	12 years and older	M	11:30 AM	12:15 PM	\$21/\$37	\$32/\$55
Dance Stretch and Strengthen	NMY	12 years and older	T	11:50 AM	12:35 PM	\$21/\$37	\$32/\$55
Dance Stretch and Strengthen	NMY	12 years and older	W	11:30 AM	12:15 PM	\$21/\$37	\$32/\$55

## FINE ARTS CLASSES AND WORKSHOPS

### **LADIES DAY POTTERY WORKSHOP (AGES 18 YEARS AND OLDER) (NMY)**

Get out for a fun night of crafting with your gal-pals! This workshop is for beginner or experienced students- all levels welcome. Participants will spend time learning hand building and wheel work and create a fun project to take home. These can also be schedule for private parties by contacting Hollie O'Toole at 920.886.2108.

Sewing T-Shirt Skirts- July 11-August 21	NMY	10 years and older	W	5:00 PM	6:00 PM	\$38	\$52
Sketching & Drawing-June 6-July 3	NMY	10 years and older	TH	6:15 PM	7:00 PM	\$18	\$29
Sketching & Drawing-July 11-August 21	NMY	10 years and older	TH	6:15 PM	7:00 PM	\$27	\$44
Teen & Adult Pottery- June 6-July 3	NMY	14 years and older	W	7:15 PM	8:45 PM	\$37	\$58

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Teen & Adult Pottery- July 11-August 21	NMY	14 years and older	W	7:15 PM	8:45 PM	\$57	\$87
Teen/Adult Watercolor July 11-August 21	NMY	14 years and older	T	6:15 PM	7:15 PM	\$38	\$52
Beginning Watercolor for Seniors June 6-July 3	NMY	55 years and older	T	10:15 AM	11:15 AM	\$18	\$29
Beginning Watercolor for Seniors July 11-August 21	NMY	55 years and older	T	10:15 AM	11:15 AM	\$27	\$44
Family Pottery Workshop- July 24	NMY	18 years and older	SUN	NOON	2:00 PM	\$18	\$28
Ladies Day Pottery Workshop – June 11	NMY	18 years and older	SAT	NOON	2:00 PM	\$18	\$28
Ladies Day Pottery Workshop- June 25	NMY	18 years and older	SAT	NOON	2:00 PM	\$18	\$28
Ladies Day Pottery Workshop – July 16	NMY	18 years and older	SAT	NOON	2:00 PM	\$18	\$28
Ladies Day Pottery Workshop- August 6	NMY	18 years and older	SAT	NOON	2:00 PM	\$18	\$28
Rhubarb Leaf Bird Bath Workshop- July 29 AND August 12	NMY	10 years and older	F	6:00 PM	8:00 PM	\$36	\$56

## MUSIC

Students can enroll in lessons online or at any Y Member Service Desk. For more information or additional class times please call appropriate Y contact below:

Appleton YMCA – Amanda Beuscher – 954.7602

Fox West YMCA – Kevin Jakubek – 560.3414

Heart of the Valley YMCA – Erin Brennan – 830.5714

Neenah-Menasha YMCA – Hollie O'Toole – 886.2108

### PIANO (APY, FWY, NMY, HVY)

**SESSION 1 (10 WEEKS) JUNE 6 – AUGUST 21 (NO CLASSES JULY 4-10)- APY**

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3- NMY**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21- NMY**

Beginner through advanced instruction offered in a semi private or private class. Students will need a keyboard or piano at home for practice. Books are available for purchase for an additional fee. Classes are +30 minutes and are offered every half hour.

### VOICE LESSONS (NMY)

Beginner, intermediate, and advanced students welcome. Private lessons only at this time, except in the case of those sharing a household.

### GUITAR LESSONS (HVY, NMY)

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Beginner through advanced instruction offered in a semi private or private class. Students will need to bring a guitar to class. Books are available for purchase for an additional fee. Classes are 30 minutes and are offered every half hour.

### DRUM SET (NMY)

**SESSION 1 (4 WEEKS) JUNE 6 – JULY 3**

**SESSION 2 (6 WEEKS) JULY 11 - AUGUST 21**

Beginning students will start learning to play percussion on a drum set. Continuing students will learn to play a drum set. Students must bring drum sticks to each class. Students will need a drum pad or drum for practice at home. Classes are structured from new students through advanced, also semi private and private lessons. Classes are 30 minutes and held every half hour.

## OUTDOOR ADVENTURE

### BECOME A NATURE PRESERVE VOLUNTEER

Volunteers are needed for many outdoor related tasks such as mowing, tree trimming, trail maintenance and more. Call 920.702.2305 for more details on how you can help shape the Bruce B. Purdy Nature Preserve.

### SUMMER SOLSTICE PLANT WALK WITH AN HERBALIST (Recommended Ages: Adults and children 10+)- Tuesday, June 21, 5:30-7:30 PM

Enjoy the longest daylight hours of the year with a guided hike in the Bruce B. Purdy Nature Preserve at the Apple Creek YMCA. Learn about wild plant identification and their herbal and edible uses. Walk led by Robin Ahrens, herbalist and owner of Barberry Herbal Resource Center in Appleton. All children must be accompanied by an adult. Participants should be prepared with proper dress for the weather and footwear for hiking. It is highly recommended to bring a water bottle and bug spray. Please note that hilly terrain at the Purdy Preserve may be difficult for some hikers.

Summer Solstice Plant Walk- June 21 <sup>st</sup>	ACY	10+	T	5:30 PM	7:30 PM	FREE	\$6/ person
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## BIBLE STUDY

### WOMEN'S BIBLE STUDY (APY)

Focusing on refreshing our faith and trust in God, this group meets on the first Friday of each month from 11:00 AM to NOON, October-May. COST: FREE

### CONVERSATIONS ON SCRIPTURE (NMY)

No prior Bible knowledge is needed for this informal Bible study class. Join the conversation and please bring your own Bible otherwise we will supply one for you. The Neenah-Menasha group meets Thursdays, 9-10:30 AM in the solarium. COST: FREE

## MEMORY CAFÉ

Memory Cafés welcome persons experiencing memory loss, along with family and friends who love and care for them. The class is meant for both the individual and their support system to join together. The Memory Cafe is offered through the Fox Valley Memory Project.

### Fox West

The Fox West YMCA Memory Café meets the first Wednesday of the month from 1:30-3:00pm. Come and move those muscles in this café centered around movement! Exercises include simple, low impact aerobics, resistance training, mind/body techniques, and stretching to deliver a total body workout. This café is for anyone new to exercise or returning to exercise. NO registration required. COST: Free

### Heart of the Valley

Memory Café coming soon! Contact Kate Yates for details at P 920.886.2105 E [kyates@ymcafoxcities.org](mailto:kyates@ymcafoxcities.org)

## KNITTING

This group knits/crochets to give back! Meeting every Monday at the Neenah-Menasha YMCA from NOON-2:00 PM, this group knits specific items for charities, fundraising and local organizations. Bring your knitting materials and join in on the fun.

## Y-NOT CHORUS

This chorus is comprised of senior adults, all with various singing abilities, that want to share their love of music with others. The group meets for practice every Friday from 9:15 AM-11:00 AM at Gloria Dei Lutheran Church (1140 Tullar Rd, Neenah). Various performance dates are also set throughout the year!