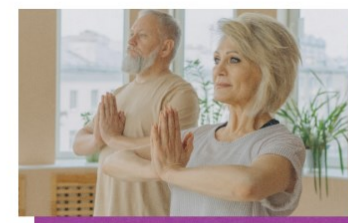


# December 2023

FOX WEST | [ymcafoxcities.org](http://ymcafoxcities.org)



MON	TUE	WED	THU	FRI
				1
4 Walking Group 10-11AM: LB	5	6 Memory Café 1:30-3 PM: AS	7 Beg. Pickleball NOON-2PM: KGB	8
11 Walking Group 10-11AM: LB	12 \$ Get Connected, Stay Connected NOON -1:30PM: PVA	13 \$ Art Commotion NOON-1:30PM: MPR	14 Beg. Pickleball NOON-2PM:KGB	15
18 Walking Group 10-11AM: LB	19	20 \$ Foot Clinic 1-4 PM	21 Beg. Pickleball NOON-2PM: KGB	22
25 Merry Christmas!	26	27	28 Beg. Pickleball NOON-2PM: KGB (No Instructor)	29 

## FOREVERWELL

As a leading voice on improving overall health, the Y accepts the responsibility to find ways to serve our aging population, not only for individual health and well-being, but for overall community health. The YMCA of the Fox Cities encourages all adults to develop behavior that is crucial to healthy aging, including healthy eating, physical activity and social interaction.

## FITNESS KEY

\$ - Paid Classes

BOLD - Registration Required

## ROOM KEY

AS - Aerobic Studio

MPR - Multi-Purpose Room

PVA - Pool Viewing Area

CR - Conference Room

KGB - Kippenhan Gym (Back)

DS - Dance Studio

LB - Front Lobby

## CLASS REGISTRATION

Any class with a '\$' indication, means a cost and registration is required. Registration can be completed online, or at any YMCA of the Fox Cities membership services desk.

## CLASS DESCRIPTIONS

**Memory Café:** An opportunity for those experiencing memory loss and their loved ones/ care givers, to participate in a class together. General low impact fitness class with rotating themed discussions.

**\$ Foot Care Clinics:** A nurse from Valley VNA Senior Care will provide a foot soak, nail trim, filing, foot massage, and treatment of minor corns or callouses. Call 920.727.5555 to schedule your 20-minute appointment.

**Walking Group:** Meet at the front desk to enjoy a social walk outside with ForeverWell Specialist Jenn.

**\$ Art Commotion:** Each month we will introduce a new artist. You will have the opportunity to learn about their life, their inspiration(s), and their artwork. You will also be able to complete your very own project inspired by their work. Many artists use a variety of different medias, so each month will be new and exciting!

**\$ Get Connected, Stay Connected:** Not sure how to set up your voicemail? Are you having trouble linking your personal email to your phone? Now is your chance to meet one on one with an instructor.

**Beginning Pickleball:** For the very beginner- Learn the fundamentals of the game and practice your skills.

*The YMCA will be closed on Monday, December 25th in observance of Christmas.*