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Winter 2024 Program Listing
 Winter II Session February 26-April 14
 Y Members Reg. Opens Feb 12
 Prog. Participants Reg. Opens Feb 19

Program Name	Session Name	Age Range	Day	Time	Member Fee	Program Participant Fee
Personal Training Consultation						
	Skyline Branch (Downtown Fort Wayne)	18 to 118		No Time Specified	\$0.00	\$0.00
	Register for a personal trainer to contact you to set up an initial appointment to explore personal training or continue on your training journey!					
Wellness Center & Equipment Orientations						
	eGym Circuit Training Orientation			No Time Specified	\$0.00	\$0.00
	In this 30-minute orientation session we will set you up on a circuit routine with our 8 eGym pieces of specialized weight training equipment.					
Wellness Consultation						
	Wellness Consultation			No Time Specified	\$0.00	\$0.00
	This 30-45 minute session with a Wellness Coach will allow you to explore and identify all the ways you can get involved with your membership					
Wellness Programs						
	Absolute 80's Aerobics- (1st Saturday o	15 to 118	Sat.	10:00 AM - 11:00 AM	\$0.00	\$2.00
	A 60-minute mix of cardio and muscular endurance exercise all set to the rocking and popping tunes of the 80's. Join Sarah E. in her 80's					
	Beginning Y	18-100	Wednesdays.	(M 5:30 PM - 6:15PM	\$20.00	N/A
	Are you new to health and Fitness? The gym in general? This class is for you! A 4-session program designed to educate you on the lingo,					