Free December Programs at the Waushara YMCA

Wrap up 2026 with something good for body and mind. This December, the Waushara YMCA is offering **free** programs for members: virtual group fitness classes in our fitness studios, live classes with Cheri and Andrew, Friday wellness mornings and holiday cooking demos. No experience needed. Not a member yet? Ask at the front desk about joining.

Virtual group fitness classes

Three free member class series run through the end of December. Each class is led by a virtual YMCA instructor on screen in our fitness studios. Tai Chi and Aging Strong sessions are offered twice each day, at 8:00 AM and 10:00 AM — pick the time that works for you.

Class	Time	Dates	Room
Cycle	Mondays and Fridays 6:00 AM	Nov 30; Dec 7, 14, 21, 28	Large Group Room
Tai Chi for Health	8:00 AM and 10:00 AM	Tue Dec 1 (intro), Tue Dec 8 (Part 1)	Small Group Room
Aging Strong	8:00 AM and 10:00 AM	Tue Dec 15, Tue Dec 22, Tue Dec 29	Small Group Room

Live classes and personal training

ForeverWell Fitness with Cheri — a live, in-person group fitness class. Free for members.

- Mondays and Wednesdays at 9:30 AM, starting Nov 30 (Nov 30; Dec 2, 7, 9, 14, 16, 21, 23, 28, 30)
- Large Group Fitness Studio

Iron Groove with Andrew — a live, in-person group fitness class. Free for members.

- Wednesdays at 9:00 AM, starting Dec 2 (Dec 2, 9, 16, 23, 30)
- Small Group Fitness Studio

Smart Start Personal Training — want one-on-one help getting started? Andrew offers a personal training package of three sessions. This is a **fee-based program**. Interested? Stop in and see Andrew in the Wellness Center.

Friday wellness mornings with Melissa

Every Friday at 10:00 AM, join Melissa in the Small Group Fitness Studio for gentle movement and real conversation. She's there to answer questions, show easier versions of any exercise, and simply be a friendly face to chat with.

Friday, Dec 4 — How to Beat the Winter Blues

- 10:00–10:30 AM: Walk the track together
- Then: Share ideas for lifting your mood this season — working out, starting a craft, reading a book, brightening your home, or trying an evening cooking class

Friday, Dec 11 — All About Fall Prevention

- 10:00–10:30 AM: Chair yoga video
- 10:30–11:00 AM: Fall prevention talk — home safety tips, exercises for strength and balance, choosing the right footwear, and how to talk with your doctor about medications that make you dizzy or drowsy

Friday, Dec 18 — Surviving the Holidays

- 10:00–10:15 AM: Guided meditation video
- 10:15–11:00 AM: Social time — share your holiday plans, talk about what makes the season hard, and take home mental health tips for getting through it

Holiday cooking nights with Coach Penny

Trim Healthy Master Lifestyle Coach Penny Meek hosts three evening cooking demos with tastings, simple nutrition tips and recipes to take home. Come to one or all three — every cooking level is welcome. **Free for members; registration required.**

Tuesdays at 6:00 PM (allow up to two hours):

- **Dec 1:** Protein Strong Pancakes
- **Dec 8:** Christmas Sugar Cookies — with easy ingredient swaps for holiday baking
- **Dec 15:** Make-Ahead Chicken Meatballs

Coming in January 2027

Coach Penny's free member nutrition programs continue in the new year (registration required):

- **7 Weeks of 7 Skills** — Tuesdays, Jan 5–Feb 16, 6:00–7:00 PM. Build lasting habits one skill at a time, from breakfast and protein to reducing sugar. Beginners welcome.
- **Lose Weight. Keep Strength.** — Sundays, Jan 3, 10, 17 & 24 (3:00 or 4:00 PM, time to be confirmed). A four-week wellness series for adults using GLP-1 medications.