



VIRTUAL FITNESS

Northern Door Program Center • 920.868.3660
3866 Gibraltar Rd. Fish Creek, WI 54212

RV 2.12.2021

VIRTUAL GROUP FITNESS CLASSES **REGISTRATION REQUIRED FOR VIRTUAL CLASSES**

- We highly recommend having physicians approval before participating in any of our group fitness programs.
- To secure programs, registration needs to occur during registration week. If interested in registering after the first week please contact the YMCA.
- Classes take place via Zoom. Once class begins late participants won't be admitted. Drop-ins and substitutions are not allowed.
- Participants will receive an email with a link to the class. Valid email address required. Class recording will be accessible 24hrs after class.
- 100% satisfaction guaranteed - You will have 24 hrs to cancel your registration after the first class to get a full refund.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
NEW Core & More	Tue	9:00 am	9:45 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Megan	ND Virtual
Core & More	Thu	9:00 am	9:45 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Megan	ND Virtual
Cycle	Mon	5:15 pm	5:45 pm	Mar 1	Apr 19	--	\$22.50	\$56.00	Sarah	SB Virtual
Cycle	Wed	5:15 am	5:50 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Laurie	SB Virtual
Diabetes Prevention Program	Tue	10:00 am	11:00 am	For more information contact the Welcome Center.					Tonya/Tess	SB Virtual
Diabetes Prevention Program	Tue	5:30 pm	6:30 pm	For more information contact the Welcome Center.					Tonya/Tess	SB Virtual
Essentrics	Tue	9:30 am	10:15 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Micaela	SB Virtual
Flex Power	Tue	5:15 am	6:00 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Laurie	SB Virtual
Healthy Choice	Mon	8:00 am	9:00 am	Mar 1	Apr 19	--	FREE	\$39.50	Mary Claire	SB Virtual
Healthy Choice	Fri	8:00 am	9:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Sarah	SB Virtual
H.I.I.T.	Thu	5:30 pm	6:00 pm	Mar 4	Apr 22	--	\$14.00	\$56.00	Kelsey	SB Virtual
Land Arthritis	Tue	10:30 am	11:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Christine	SB Virtual
LIVESTRONG® Alumni	Mon	11:30 am	12:00 pm	Mar 1	Apr 19	--	FREE	\$39.50	Christine	SB Virtual
Pilates	Wed	8:00 am	8:45 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Tonya	SB Virtual
RIP	Wed	2:00 pm	2:30 pm	Mar 3	Apr 21	--	\$14.00	\$56.00	Sarah	SB Virtual
Senior Strength	Thu	8:50 am	9:25 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Mary Claire	SB Virtual
Silver Sneakers	Wed	10:30 am	11:15 am	Mar 3	Apr 21	--	FREE	\$39.50	Sarah	SB Virtual
Silver Sneakers	Thu	10:15 am	11:00 am	Mar 4	Apr 22	--	FREE	\$39.50	Megan	ND Virtual
Silver Sneakers	Fri	9:15 am	10:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Christine	SB Virtual
Step	Wed	5:30 pm	6:00 pm	Mar 3	Apr 21	--	FREE	\$39.50	Jana	ND Virtual
Yoga- Chair	Mon	10:15 am	11:15 am	Mar 1	Apr 19	--	\$31.50	\$55.00	Suzanne	SB Virtual
Yoga-Beg	Mon	11:15 am	12:00 pm	Mar 1	Apr 19	--	\$31.50	\$55.00	Kay	ND Virtual
Yoga-Beg/Int.	Tue	6:50 am	7:50 am	Mar 2	Apr 20	--	\$31.50	\$55.00	Alyssa	SB Virtual
NEW Yoga-Beg/Int.	Wed	6:30 am	7:30 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Janet	ND Virtual
NEW Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Suzanne	SB Virtual



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PERSONAL TRAINING **Virtual Options available**

PACKAGE OPTIONS	MEMBER	COMMUNITY	INSTRUCTOR	LOCATION
30-minute consultation (One time, for members only)	FREE	--	--	ND YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$55.00	--	--	ND YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$150.00	--	--	ND YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$285.00	--	--	ND YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$440.00	--	--	ND YMCA

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Yoga Beginner	Mon	11:15 am	12:00 pm	Mar 1	Apr 19	--	\$31.50	\$55.00	Kay	Studio A
Yoga Beginner	Mon	11:15 am	12:00 pm	Mar 1	Apr 19	--	\$31.50	\$55.00	Kay	ND Virtual
Yoga Beginner/Intr.	Tue	9:00 am	10:00 am	Mar 2	Mar 16	--	\$12.00	\$21.00	Liz H.	Gym
Yoga Beginner/Intr.	Wed	6:30 am	7:30 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Janet	Studio A
Yoga Beginner/Intr.	Wed	6:30 am	7:30 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Janet	ND Virtual
Yoga Beginner/Intr.	Thu	9:00 am	10:00 am	Mar 4	Mar 18	--	\$12.00	\$21.00	Liz H.	Gym

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Mon	8:00 am	9:00 am	Mar 1	Mar 22	--	\$11.25	\$28.00	Tammy	Studio A
Cycle	Wed	8:30 am	9:15 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Katie R	Studio A
Cycle	Fri	8:00 am	9:00 am	Mar 5	Apr 23	--	\$22.50	\$56.00	Katie R	Studio A
Core & More	Tue	9:00 am	9:45 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Megan S	Studio A
Core & More	Tue	9:00 am	9:45 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Megan S	ND Virtual
Core & More	Thu	9:00 am	9:45 am	Mar 4	Apr 22	--	\$14.50	\$56.00	Megan S	Studio A
Core & More	Thu	9:00 am	9:45 am	Mar 4	Apr 22	--	\$14.50	\$56.00	Megan S	ND Virtual
Healthy Choice	Wed	10:15 am	11:00am	Mar 3	Apr 21	--	FREE	\$39.50	Megan S	Gym



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CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Step	Wed	5:30pm	6:00pm	Mar 3	Apr 21	--	FREE	\$39.50	Jana	Studio A
Step	Wed	5:30pm	6:00pm	Mar 3	Apr 21	--	FREE	\$39.50	Jana	ND Virtual
TONE™	Tue	8:00 am	8:45 am	Mar 2	Apr 20	--	\$17.00	\$42.00	Amie B	Gym
TONE™	Thu	8:00 am	8:45 am	Mar 4	Apr 22	--	\$17.00	\$42.00	Amie B	Gym

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
BodyPump™	Mon	8:15 am	9:15 am	Mar 1	Apr 19	--	\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	4:30 pm	5:30 pm	Mar 2	Apr 20	--	\$22.50	\$56.00	Chris/Katy	Gym
BodyPump™	Wed	8:15 am	9:15 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Katy/Amie	Gym
BodyPump™	Thu	4:30 pm	5:30 pm	Mar 4	Apr 22	--	\$22.50	\$56.00	Stephanie M/Amy J	Gym
BodyPump™	Fri	8:15 am	9:15 am	Mar 5	Apr 23	--	\$22.50	\$56.00	Heather/Amie	Gym
Flex Power	Mon	9:15 am	10:00 am	Mar 1	Apr 19	--	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 am	10:00 am	Mar 3	Apr 21	--	\$14.00	\$56.00	Bonnie	Studio A
Silver Sneakers	Mon	10:15 am	11:00 am	Mar 1	Apr 19	--	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 am	11:00 am	Mar 4	Apr 22	--	FREE	\$39.50	Megan	Gym
Silver & Fit	Fri	9:30 am	10:15 am	Mar 5	Apr 23	Mar 19	FREE	\$39.50	Megan	Gym
Silver Sneakers	Thu	10:15 am	11:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Megan	ND Virtual

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Tue	8:00 am	9:00 am	Mar 2	Apr 20	--	FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 am	9:00 am	Mar 4	Apr 22	--	FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 am	10:05 am	Mar 1	Apr 19	--	\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 am	10:05 am	Mar 3	Apr 21	--	\$14.00	\$56.00	Mary G	Pool



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ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	MEMBER	COMMUNITY	INSTRUCTOR	LOCATION
Pickleball - All Levels	Mon	12:30pm	3:00pm	Mar 1	Apr 19	Members: \$5.00 per 8 week session Community: \$105.00 per 8 week session \$25.00 FOR THE YEAR		N/A	Gym
Pickleball - All Levels	Wed	12:30pm	3:00pm	Mar 3	Apr 21			N/A	Gym
Pickleball - All Levels	Fri	12:30pm	3:00pm	Mar 5	Apr 23			N/A	Gym

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Diabetes Prevention Program	Tue	10:00 am	11:00 am	Please contact the Welcome Center.					Tonya/Tess	SB Virtual
Diabetes Prevention Program	Tue	5:30 pm	6:30 pm	Please contact the Welcome Center.					Tonya/Tess	SB Virtual
Knee & Hip Joint	T/Th	11:15 am	12:00 pm	Mar 2	Apr 22	--	\$14.00	\$28.00	Megan/DCMC	Gym
Land Arthritis	Tue	10:30 am	11:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Christine	SB Virtual
LIVESTRONG® Alumni	Mon	11:30 am	12:00 pm	Mar 1	Apr 19	--	FREE	\$39.50	Christine	SB Virtual
M.IN.D.	Tue	1:00 pm	2:15 pm	Please contact the Welcome Center.					Christine	SB Virtual
Moving For Better Balance	M/W	11:15 am	12:15 pm	Mar 1	May 19	Mar 26	\$65.00	\$85.00	Megan	Studio A

SPECIALTY PROGRAMMING NOT OFFERED AT THIS TIME:

LIVESTRONG® at the YMCA

Moving for Better Balance Alumni

Parkinson's Exercise

R.I.D.E

Stepping On