



VIRTUAL LIVE FITNESS

Winter 2 2021 | Mar 1 - Apr 25

Sturgeon Bay Program Center • 920.743.4949
1900 Michigan St. Sturgeon Bay, WI 54235

RV 2.18.2021

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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BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Pilates	Wed	8:00 am	8:45 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Tonya	MPR A/B
Pilates	Wed	8:00 am	8:45 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Tonya	SB Virtual
Pilates	Fri	8:35 am	9:20 am	Mar 5	Apr 23	--	\$31.50	\$55.00	Tonya	Gym Ctr.
Tai Chi Movement	Tue	5:45 pm	6:35 pm	Mar 2	Apr 20	--	\$31.50	\$55.00	Chris	MPR A/B
Yoga-Beginner/Int.	Mon	8:45 am	10:00 am	Mar 1	Apr 19	--	\$31.50	\$55.00	Dwight	Social Lounge
Yoga-Beginner/Int.	Tue	6:50 am	7:50 am	Mar 2	Apr 20	--	\$31.50	\$55.00	Alyssa	MPR A/B
Yoga-Beginner/Int.	Tue	6:50 am	7:50 am	Mar 2	Apr 20	--	\$31.50	\$55.00	Alyssa	SB Virtual
NEW Yoga-Beginner/Int.	Wed	9:00 am	10:15 am	Mar 3	Apr 21	--	\$31.50	\$55.00	Suzanne	Social Lounge
Yoga-Chair	Mon	10:15 am	11:15 am	Mar 1	Apr 19	--	\$31.50	\$55.00	Suzanne	Social Lounge
Yoga- Chair	Mon	10:15 am	11:15 am	Mar 1	Apr 19	--	\$31.50	\$55.00	Suzanne	SB Virtual
Yoga-Swasthya	Mon	4:30 pm	5:45 pm	Mar 1	Apr 19	--	\$31.50	\$55.00	Prem	Social Lounge

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Mon	5:15 am	5:50 am	Mar 1	Apr 19	--	\$22.50	\$56.00	Laurie	MPR A/B
Cycle	Mon	5:15 pm	5:45 pm	Mar 1	Apr 19	--	\$22.50	\$56.00	Sarah	MPR A/B
Cycle	Mon	5:15 pm	5:45 pm	Mar 1	Apr 19	--	\$22.50	\$56.00	Sarah	SB Virtual
Cycle	Tue	8:15 am	9:15 am	Mar 2	Apr 20	--	\$22.50	\$56.00	Sarah	MPR A/B
Cycle	Wed	5:15 am	5:50 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Laurie	MPR A/B
Cycle	Wed	5:15 am	5:50 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Laurie	SB Virtual
Cycle	Thu	6:00 pm	6:30 pm	Mar 4	Apr 22	--	\$22.50	\$56.00	Jen	MPR A/B
Cycle	Fri	5:15 am	5:50 am	Mar 5	Apr 23	--	\$22.50	\$56.00	Laurie	MPR A/B
Dance Jam	Thu	5:00 pm	5:45 pm	Mar 4	Apr 22	--	\$14.00	\$56.00	Amber	MPR A/B
Fit for Life	M/W/F	6:15 am	7:00 am	Mar 1	Apr 23	--	FREE	\$96.00	Alyssa/Ellen/Kelsey	Gym A/B
Healthy Choice	Mon	8:00 am	9:00 am	Mar 1	Apr 19	--	FREE	\$39.50	Mary Claire	Gym A/B
Healthy Choice	Mon	8:00 am	9:00 am	Mar 1	Apr 19	--	FREE	\$39.50	Mary Claire	SB Virtual
Healthy Choice	Tue	9:00 am	10:00 am	Mar 2	Apr 20	--	FREE	\$39.50	Mary Claire	Gym A/B



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CARDIO

Healthy Choice	Wed	8:00 am	9:00 am	Mar 3	Apr 21	--	FREE	\$39.50	Mary Claire	Gym A/B
Healthy Choice	Thu	9:00 am	10:00 am	Mar 4	Apr 22	--	FREE	\$39.50	Linda	Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Sarah	Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Sarah	SB Virtual
NEW H.I.I.T.	Mon	5:30 pm	6:00 pm	Mar 1	Apr 12	--	\$14.00	\$56.00	Joe/Shane	Gym A/B
H.I.I.T.	Thu	5:30 pm	6:00 pm	Mar 4	Apr 22	--	\$14.00	\$56.00	Kelsey	Gym A/B
H.I.I.T.	Thu	5:30 pm	6:00 pm	Mar 4	Apr 22	--	\$14.00	\$56.00	Kelsey	SB Virtual
Step	Mon	8:15 am	9:15 am	Mar 1	Apr 19	--	FREE	\$39.50	Sarah	MPR A/B
Step	Fri	8:15 am	9:15 am	Mar 5	Apr 23	Apr 23	FREE	\$39.50	Linda	MPR A/B

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Essentrics	Tue	9:30 am	10:15 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Micaela	MPR A/B
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	MPR A/B
Flex Power	Tue	5:15 am	6:00 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Laurie	SB Virtual
Flex Power	Thu	5:15 am	6:00 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Laurie	MPR A/B
Kettlebell	Mon	9:15 am	10:15 am	Mar 1	Apr 19	--	\$22.50	\$56.00	Mike	Gym A/B
Kettlebell	Wed	9:15 am	10:15 am	Mar 3	Apr 21	--	\$22.50	\$56.00	Mike	Gym A/B
RIP	Wed	9:00 am	10:00 am	Mar 3	Apr 21	--	\$14.00	\$56.00	Sarah	MPR A/B
RIP	Wed	2:00 pm	2:30 pm	Mar 3	Apr 21	--	\$14.00	\$56.00	Sarah	MPR A/B
RIP	Wed	2:00 pm	2:30 pm	Mar 3	Apr 21	--	\$14.00	\$56.00	Sarah	SB Virtual
RIP	Wed	5:15 pm	6:15 pm	Mar 3	Apr 21	--	\$14.00	\$56.00	Jen	MPR A/B
RIP	Fri	9:30 am	10:30 am	Mar 5	Apr 23	Apr 23	\$14.00	\$56.00	Sarah	MPR A/B
Senior Strength	Mon	7:50 am	8:25 am	Mar 1	Apr 19	--	\$14.00	\$56.00	Dwight	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Mary Claire	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Mary Claire	SB Virtual



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Silver Sneakers Classic	Mon	10:30 am	11:15 am	Mar 1	Apr 19	--	FREE	\$39.50	Christine	Gym A/B
Silver Sneakers Classic	Tue	8:00 am	8:45 am	Mar 2	Apr 20	--	FREE	\$39.50	Linda	Gym A/B
Silver Sneakers	Wed	10:30 am	11:15 am	Mar 3	Apr 21	--	FREE	\$39.50	Sarah	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Mar 3	Apr 21	--	FREE	\$39.50	Sarah	SB Virtual
Silver Sneakers Classic	Thu	8:00 am	8:45 am	Mar 4	Apr 22	--	FREE	\$39.50	Christine	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Christine	Gym A/B
Silver Sneakers	Fri	9:15 am	10:00 am	Mar 5	Apr 23	--	FREE	\$39.50	Christine	SB Virtual

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Mon	8:45 am	9:30 am	Mar 1	Apr 19	--	FREE	\$39.50	Debbie	Comp Pool
Aqualite	Tue	8:45 am	9:30 am	Mar 2	Apr 20	--	FREE	\$39.50	Kari/Mary	Comp Pool
Aqualite	Wed	8:45 am	9:30 am	Mar 3	Apr 21	--	FREE	\$39.50	Kari	Comp Pool
Aqualite	Thu	8:45 am	9:30 am	Mar 4	Apr 22	--	FREE	\$39.50	Kari/Mary	Comp Pool
Aqualite	Fri	8:45 am	9:30 am	Mar 5	Apr 23	--	FREE	\$39.50	Dora	Comp Pool
Aquatic Knee & Hip Joint	M/W	11:30 am	12:15 pm	Mar 1	Apr 21	--	\$14.00	\$28.00	MC/Sarah/Jillian	Rec Pool
Over Your Head	Tue	7:45 am	8:30 am	Mar 2	Apr 20	--	\$14.00	\$56.00	Ann	Comp Pool
Over Your Head	Wed	5:30 am	6:15 am	Mar 3	Apr 21	--	\$14.00	\$56.00	Julie	Comp Pool
Over Your Head	Thu	7:45 am	8:30 am	Mar 4	Apr 22	--	\$14.00	\$56.00	Patty	Comp Pool
Over Your Head	Fri	5:30 am	6:15 am	Mar 5	Apr 23	--	\$14.00	\$56.00	Margaret	Comp Pool
Twinges	Mon	9:30 am	10:15 am	Mar 1	Apr 19	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Tue	9:30 am	10:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Mar 3	Apr 21	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Thu	9:30 am	10:15 am	Mar 4	Apr 22	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Mar 5	Apr 23	--	FREE	\$39.50	Ann	Rec Pool



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PERSONAL TRAINING | VIRTUAL OPTIONS AVAILABLE

PACKAGE OPTIONS	MEMBER	COMM.	INSTR.	LOC.
15-minute consultation (One time, for members only)	FREE	--	--	SB YMCA
(1) 60-minute session OR (2) 30-minute sessions	\$55.00	--	--	SB YMCA
(3) 60-minute or (6) 30-minute sessions of training	\$150.00	--	--	SB YMCA
(6) 60-minute or (12) 30-minute sessions of training	\$285.00	--	--	SB YMCA
(10) 60-minute or (20) 30-minute sessions of training	\$440.00	--	--	SB YMCA

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	MEMBER	COMM.	INSTR.	LOC.
Adult Co-Ed Volleyball	Mon	6:30 pm	8:30 pm	Nov	--	\$200.00 per team		--	Gym A/B
Pickleball 101 (Pre-Registration Required)	Sat	7:00 am	8:00 am	Mar 6	Apr 24	FREE	FREE	TBA	Gym A/B
Pickleball All Levels	Mon	1:30 pm	3:15 pm	Mar 1	Apr 19	Members: \$ 5.00 per 8 week session Community: \$ 105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	10:45 am	3:00 pm	Mar 2	Apr 20				Gym A/B
Pickleball All Levels	Thu	11:45 am	2:00 pm	Mar 4	Apr 23				Gym A/B
Pickleball All Levels	Fri	2:00 pm	4:00 pm	Mar 5	Apr 23				Gym A/B
Pickleball Beginner (one net)	Sat	7:00 am	8:55 am	Mar 6	Apr 24				Gym A/B
Pickleball All Levels	Sat	7:00 am	8:55 am	Mar 6	Apr 24				Gym A/B
Pickleball All Levels	Sun	7:00 am	9:00 am	Mar 7	Apr 25				Gym A/B

Information coming soon...

2021 VIRTUAL BLOSSOM RUN



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SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aquatic Knee & Hip Joint	M/W	11:30 am	12:15 pm	Mar 1	Apr 21	--	\$14.00	\$28.00	MC/Sarah/Jillian	Rec Pool
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	11:45 am	12:30 pm	Mar 2	Apr 22	--	\$14.00	\$28.00	Christine/Shawn	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Christine	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Christine	SB Virtual
Land Arthritis	Thu	10:30 am	11:15 am	Mar 4	Apr 22	--	FREE	\$39.50	Christine	MPR A/B
M.IN.D.	Tue	1:00 pm	2:15 pm	Please contact the Welcome Center.					Christine/Christy	SB Virtual
Twinges	Mon	9:30 am	10:15 am	Mar 1	Apr 19	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Tue	9:30 am	10:15 am	Mar 2	Apr 20	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Mar 3	Apr 21	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Thu	9:30 am	10:15 am	Mar 4	Apr 22	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Mar 5	Apr 23	--	FREE	\$39.50	Ann	Rec Pool
LIVESTRONG® at the YMCA	T/Th	1:00 pm	2:30 pm	Not offered at this time.						
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Mar 1	Apr 19	--	FREE	\$39.50	Christine	SB Virtual
LIVESTRONG® at the YMCA Program is sponsored by: Door County Medical Center and HSHS St. Vincent Hospital.										
Moving for Better Balance	M/W	10:15 am	11:15 am	Mar 1	May 19	--	\$65.00	\$85.00	Sarah/Christine	MPR A/B

SPECIALTY PROGRAMMING NOT OFFERED AT THIS TIME:

LIVESTRONG® at the YMCA
Parkinson's Exercise
R.I.D.E
Stepping On