



Class Descriptions Northern Door Program Center

3866 Gibraltar Rd
Fish Creek, WI 54212
(920) 868.3660

Aqualite - • Ages 13+ A great water aerobics class for seniors or those just getting back into exercise. You do not need to know how to swim to enjoy this class.

BodyPump™ - • Ages 13+ BodyPump™ by Les Mills is a cutting edge strength-training workout choreographed to great music. Participants will burn over 400+ calories per class using low weights and high reps to fatigue all of the major muscle groups.

Core & More - • Ages 13+ A well rounded class to strengthen and tone your core muscles! Floor work included.

Cycle - • Ages 13+ This stationary cycling class is a great workout for all fitness levels. The instructor takes the class on an inspirational ride using music and cues to mirror a road ride experience.

Flex Power - • Ages 13+ Flex power is a strength training class using a barbell and various other pieces of equipment. You determine your level of fitness. Stretch and abdominal work included.

Goju Ryu Karate - • Ages 6+ The Japanese term Goju means "hard/soft." The idea behind this style is to use a soft blocking technique to block a hard stroke or to deflect the strike rather than using force. No experience is necessary. (Uniform is required)

Knee/Hip Joint - • Ages 13+ Is a new joint in your future? Have a new joint and want to sustain your gains? This is a collaborative program between Door County Medical Center and the YMCA.

Pickleball - All Levels - Three courts will be set up during this time; one for beginner's play, one for intermediate play and one for advanced play. Doubles play; 30 minute limit for each court.

Pilaqua - • Ages 13+ Take your Pilates moves to the pool and enjoy this entry-level fitness class that focuses on your core muscles. We will add some challenging Yoga poses and Tai' Chi moves at the end of class. Must be comfortable in the water.

Silver and Fit Experience - Ages 13+ Designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

Silver Sneakers Classic - • Ages 13+ Sturgeon Bay; • Ages 50+ Northern Door A chair-based exercise program with a focus on muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball are used.

Step - • Ages 13+ Step classes are a great way to add aerobic conditioning to your workout, stepping up and down on a platform of varied heights or adding power moves to challenge yourself, work at your own pace with this fun, high-energy class!

Stretch & Strengthen - Stretch and strengthen using elements of Tai Chi, Pilates and Yoga. This 30-minute class is a series of movements to help you practice breath control and strengthen your entire body. You will leave the class feeling strong, calm and centered.

TONE™ - Ages 13+ An optimal mix of strength, cardio and core training featuring a challenging mix of lunges, squats, functional training and tubing exercises that will help you take your fitness to the next level. Options available for all fitness levels.

Yoga - Beginner - • Ages 13+ This class is great for people just starting out in yoga. Class will combine yoga postures, breathing and meditation with the goal to increase your energy and level of relaxation.

Yoga - Beginner & Intermediate - • Ages 13+ Hatha Yoga, a mind-body exercise class that develops balance, strength, and flexibility and well-being. Varied levels offered.