



# VIRTUAL LIVE FITNESS

Summer 2021 | June 14 - August 29

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

RV 6.21.2021

## 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.	
Diabetes Prevention Program	Tue	10:00 am	11:00 am	For more information call Y					Tonya/Tess	SB Virtual	
Diabetes Prevention Program	Tue	5:30 pm	6:30 pm	For more information call Y					Tonya/Tess	SB Virtual	
Land Arthritis	Tue	10:30 am	11:15 am	Jun 15	Aug 24	--	<b>FREE</b>	\$55.50	Christine	SB Virtual	
LIVESTRONG® Alumni	Mon	11:30 am	12:00 pm	Jun 14	Aug 23	--	<b>FREE</b>	\$55.50	Christine	SB Virtual	
RIP	Wed	9:00 am	10:00 am	Jun 16	Aug 25	--	\$19.00	\$77.00	Sarah	SB Virtual	
Senior Strength	Thu	8:50 am	9:25 am	Jun 17	Aug 26	--	\$19.00	\$55.50	Mary Claire	SB Virtual	
Silver Sneakers	Wed	10:30 am	11:15 am	Jun 16	Jul 28	--	<b>FREE</b>	\$55.50	Sarah	SB Virtual	
<del>Silver Sneakers</del>	<del>Thu</del>	<del>10:15 am</del>	<del>11:00 am</del>	<del>Jun 17</del>	<del>Aug 26</del>	<del>--</del>	<del><b>FREE</b></del>	<del>\$55.50</del>	<del>Mynn</del>	<del>ND Virtual</del>	
Silver Sneakers	Fri	9:15 am	10:00 am	Jun 18	Aug 27	--	<b>FREE</b>	\$55.50	Christine	SB Virtual	
Step	Wed	5:30pm	6:00pm	Jun 16	Aug 25	--	<b>FREE</b>	\$55.50	Jana	ND Virtual	
Yoga- Chair	Mon	10:15 am	11:15 am	Returning in Fall.						Suzanne	SB Virtual
<del>Yoga Beginner</del>	<del>Mon</del>	<del>11:15 am</del>	<del>12:00 pm</del>	<del>Jun 21</del>	<del>Aug 23</del>	<del>--</del>	<del>\$43.50</del>	<del>\$77.00</del>	<del>Kay</del>	<del>ND Virtual</del>	
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Suzanne	SB Virtual	

**DON'T FORGET TO CHECK OUT OUR "ON-DEMAND" FITNESS CLASSES!**



# GROUP FITNESS

Spring 2021 | Apr 26- June 13

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## ON-DEMAND GROUP FITNESS CLASSES **REGISTRATION REQUIRED FOR ON-DEMAND CLASSES**

\*On-Demand classes will be available only during the summer months.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Core & More	Tue	9:00 am	9:45 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Stephanie	On Demand
Core & More	Thu	9:00 am	9:45 am	Jun 17	Aug 26	--	\$19.00	\$77.00	Megan	On Demand
Essentrics	Tue	9:30 am	10:15 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Micaela	On Demand
Healthy Choice	Mon	8:00 am	9:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Mary Claire	On Demand
Healthy Choice	Fri	8:00 am	9:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Sarah	On Demand
Pilates	Wed	8:00 am	8:45 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Tonya	On Demand

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
<del>Yoga Beginner</del>	<del>Mon</del>	<del>11:15 am</del>	<del>12:00 pm</del>	<del>Jun 14</del>	<del>Aug 23</del>	<del>--</del>	<del>\$43.50</del>	<del>\$77.00</del>	<del>Kay</del>	<del>Studio A</del>
Yoga-Beg/Int.	Tue	9:00 am	10:00 am	Jun 15	Aug 24	--	\$43.50	\$77.00	Liz	Studio C
Yoga-Beg/Int.	Thu	9:00 am	10:00 am	Jun 17	Aug 26	--	\$43.50	\$77.00	Liz	Studio C
Yoga-Beg/Int.	Sat	8:30 am	9:30 am	Jun 19	Aug 28	--	\$43.50	\$77.00	Janet	Studio A
Yoga-Chair	Thu	11:15 am	12:00 pm	Jun 17	Aug 26	--	\$43.50	\$77.00	Mynn	Studio C

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Wed	8:00 am	9:00 am	Jun 16	Aug 25	--	\$31.00	\$77.00	Catherine	Studio A
Cycle	Mon	8:00 am	9:00 am	Jun 18	Aug 27	--	\$31.00	\$77.00	Katie R	Studio A
<del>Core &amp; More</del>	<del>Tue</del>	<del>9:00 am</del>	<del>9:45 am</del>	<del>Jun 15</del>	<del>Aug 24</del>	<del>--</del>	<del>\$19.00</del>	<del>\$77.00</del>	<del>Stephanie</del>	<del>Outside</del>
Core & More	Thu	9:00 am	9:45 am	Jun 17	Aug 26	--	\$19.00	\$77.00	Owen	Outside
Step	Mon	8:00 am	9:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Catherine	Studio A
Step	Wed	5:30 pm	6:00pm	Jun 16	Aug 26	--	FREE	\$55.50	Jana	Studio A
Step	Thu	8:00 am	9:00 am	Jul 8	Aug 26	--	FREE	\$55.50	Mary	Studio A
TONE™	Tue	8:00 am	8:45 am	Jun 15	Aug 24	--	\$31.00	\$77.00	Amie B	Gym
TONE™	Thu	8:00 am	8:45 am	Jun 17	Aug 26	--	\$31.00	\$77.00	Amie B	Gym



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## STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
BodyPump™	Mon	6:15 am	7:15 am	Jun 14	Aug 23	--	\$31.00	\$77.00	Chris	Gym
BodyPump™	Mon	8:15 am	9:15 am	Jun 14	Aug 23	--	\$31.00	\$77.00	Heather	Gym
BodyPump™	Tue	10:00 am	11:00 am	Jun 15	Aug 24	--	\$31.00	\$77.00	Stephaine/ Amy J	Gym
BodyPump™	Wed	8:15 am	9:15 am	Jun 16	Aug 25	--	\$31.00	\$77.00	Amie	Gym
BodyPump™	Fri	6:15 am	7:15 am	Jun 16	Aug 25	--	\$31.00	\$77.00	Chris	Gym
BodyPump™	Fri	8:15 am	9:15 am	Jun 18	Aug 27	--	\$31.00	\$77.00	Amie	Gym
BodyPump™	Sat	9:00 am	10:00 am	Jun 19	Aug 28	--	\$31.00	\$77.00	Rotation	Gym
Flex Power	Mon	9:15 am	10:00 am	Jun 14	Aug 23	--	\$19.00	\$77.00	Bonnie	Gym
Flex Power	Wed	9:15 am	10:00 am	Jun 16	Aug 25	--	\$19.00	\$77.00	Bonnie	Gym
Silver Sneakers	Mon	10:15 am	11:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Kay	Gym
Silver Sneakers	Thu	10:15 am	11:00 am	Jun 17	Aug 26	--	FREE	\$55.50	Mynn	Gym
Silver & Fit	Fri	10:15 am	11:00 am	Jun 18	Aug 27	July 23	FREE	\$55.50	Megan	Gym
<del>Stretch &amp; Strengthen</del>	<del>Tue</del>	<del>8:50 am</del>	<del>9:30 am</del>	<del>Jun 15</del>	<del>Aug 24</del>	<del>--</del>	<del>\$19.00</del>	<del>\$77.00</del>	<del>Amie</del>	<del>Gym</del>
<del>Stretch &amp; Strengthen</del>	<del>Thu</del>	<del>8:50 am</del>	<del>9:30 am</del>	<del>Jun 17</del>	<del>Aug 26</del>	<del>--</del>	<del>\$19.00</del>	<del>\$77.00</del>	<del>Amie</del>	<del>Gym</del>

## OFF-SITE FITNESS

CLASS	DAY	START	END	START	END	DROP IN FEE	Sister Bay/ Ephraim Resint.	MEMBER	COMM.	INSTR.	LOC.
Yoga Beginner/ Inter.	Wed	8:00 am	9:00 am	Jun 16	Aug 25	\$10.00	\$45.00	\$45.00	\$77.00	Megan	Ephraim - Olga Dana Green Park
Yoga Beginner/ Inter.	Thu	8:00 am	9:00 am	Jun 17	Aug 26	\$10.00	\$45.00	\$45.00	\$77.00	Amy J	Sister Bay Beach

## WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Tue	8:00 am	9:00 am	Jun 15	Aug 24	--	FREE	\$55.50	Mary G	Pool
Aqualite	Thu	8:00 am	9:00 am	Jun 17	Aug 26	--	FREE	\$55.50	Mary G	Pool
Pilaqua	Mon	9:00 am	10:05 am	Jun 14	Aug 23	--	\$19.00	\$77.00	Mary G	Pool
Pilaqua	Wed	9:00 am	10:05 am	Jun 16	Aug 25	--	\$19.00	\$77.00	Mary G	Pool



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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

## ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	MEMBER	COMMUNITY	INSTRUCTOR	LOCATION
Goju Ryu Karate	Fri	3:30 pm	4:30 pm	Jun 18	Aug 13	\$67.00	\$134.00	Shaun	Outside
Karate - Private Lessons	6+	Contact Welcome Center for more information (fee shown is per hour)				\$27.50	\$55.00	Shaun	Outside
Pickleball - All Levels	Mon	12:30 pm	3:00 pm	Jun 14	Aug 23	<b>Members:</b> \$5.00 per 11 week session  <b>Community:</b> \$145.00 per 11 week session  <b>\$25.00 FOR THE YEAR</b>		N/A	Gym
Pickleball - All Levels	Wed	12:30 pm	3:00 pm	Jun 16	Aug 25			N/A	Gym
Pickleball - All Levels	Fri	12:30 pm	3:00 pm	Jun 18	Aug 27			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	Jun 15	Aug 26	--	\$19.50	\$38.00	Amy J/ DCMC	Gym
Land Arthritis	Tue	10:30 am	11:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Christine	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Apr 26	Jun 7	--	FREE	\$39.50	Christine	SB Virtual
Moving For Better Balance	M/W	11:15 am	12:15 pm	Jun 7	Aug 25	July 19 July 21	\$65.00	\$85.00	Megan	Studio A
Moving For Better Balance Alumni	Mon	12:30 pm	1:00 pm	Jun 14	Aug 23	--	\$11.75	\$33.00	Megan	Studio A