



## Class Descriptions Sturgeon Bay Program Center

1900 Michigan Street  
Sturgeon Bay, WI 54235  
(920) 743-4949

**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.

**Aquatic Knee & Hip Joint** - • Ages 13+ For those with Impending joint replacement or those who have had this surgery. The water provides cushion and support while reducing the impact of your joints, allowing you to do more than you would on land. In both shallow & deep water.

**Creative Movement** - • Ages 4-7 Designed for children to develop basic movement techniques. Activities draw on child's response to rhythm, music and imagery are included. Music, games and stories are part of the class content. Wear comfortable clothing and bare feet.

**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.

**Dance Jam** - • Ages 13+ Total body workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility while boosting energy! This 30-minute class will have movin' and groovin' and burning some serious calories!

**Dolphin Club** - • Ages 5+ Sturgeon Bay • Ages 6+ Northern Door For swimmers interested in competitive swimming, but not ready for the Swim Team. Swimmers will see what it's like to be on the team and will see great stroke improvement and improved physical fitness.

**Fit for Life** - • Ages 13+ A great cardio and strength class. Participants run stairs, do step ups, and lots of aerobic and floor work.

**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.

**Healthy Choice** - Ages 13+; Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels.

**HIIT** - Ages 13+ High-Intensity Interval Training is a compact class - no more than 30 minutes - that aims to push you to your max for a short period of time followed by rest and then repeated.

**Home School Phy-Ed** - • School aged Interested in gym class for your home-school child? The YMCA offers the perfect location for this type of educational opportunity.

**Home School Swim Lessons** - Ages 6-15 No description available.

**Kettlebell** - • Ages 13+ This class combines cardio, strength and endurance development. Come and experience a whole-body workout using a kettlebell.

**Kids' Yoga** - Certified instructor, Abby Duebler, engages kids and helps them find their strengths on the mat. Kids learn yoga basics and explore flexibility and balance.

**KinderCubs** - • Ages 3 1/2 to 5 1/2 KinderCubs focuses on beginning gymnastics, including tumbling, low bar, beam and trampoline. We also include songs, games and emphasis on the YMCA core values.

**KinderGymnastics** - • Ages 4 to 6 The emphasis of KinderGymnastics is the basics of the sport: basic body positions, swinging, rotating, balance, flexibility, strength and agility. Children will learn beginning skills and terminology associated with gymnastics.

**KinderSports** - • Ages 3 to 5 This class will look to improve the basic motor skills for kids ages 3-5 using different sports. Kids will learn the basic skills for various sports using fun activities and music.

**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.

**Land Arthritis** - • Ages 13+ This class is developed by the Arthritis Foundation, designed to help keep joints flexible and muscles strong. You'll have less pain and more confidence in your ability to continue activities.

**Livestrong Alumni** - • Ages 13+ Livestrong is a powerful program for those who are affected by cancer. Please refer to the Sturgeon Bay fitness section of the program guide for additional information.

**Meditation** - Participants will learn basic meditation techniques and tools for self-care and stress management. Give yourself a 'timeout' to increase self-awareness, promote relaxation and reduce 'MonkeyMind'.

**Over Your Head** - • Ages 13+ Deep-water cardio/strengthening water workout with no impact! Use jog belts, dumbbells and noodles. Must be comfortable in deep water.

**Parkinson's Exercise** - • All Ages This program is designed to improve mobility for those affected by Parkinson's disease and Parkinson's related issues. Offered in collaboration with Ministry Door County Medical Center.

**Pickleball - 101 Class** - Offered twice a month on the beginner court to welcome new players to the game. This time will be focused on instruction for beginners

**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.



ay; 30 minute limit for each court.

## Class Descriptions Sturgeon Bay Program Center

1900 Michigan Street  
Sturgeon Bay, WI 54235  
(920) 743-4949

**Pre-Team Gymnastics** - • By Invitation Only This class is designed to concentrate on the routines for Competitive Gymnastics. It is designed to refine all skills needed to be a competitive gymnast.

**Progressive Levels 1, 2, 3** - • Ages 6 to 16 The YMCA's Progressive Gymnastics begins with laying the basic foundation of gymnastics (balance, repulsion, amplitude, form and style.) Higher levels focus on building and refining skills and routines.

**RIP** - • Ages 13+ Rip is a program designed for people of all ages and fitness levels. Matching movement to music and using a weighted barbell. Strong for Life!

**Senior Strength** - • Ages 50+ It's never too late to start weight training. The instructor will help you focus on muscular strength, balance and increased mobility. A great program for those ages 50 and older.

**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!

**Stepping On Fall Prevention** - Stepping-On is a community-based program aimed at educating participants and building confidence to reduce and/or eliminate falls.

**Tai Chi Movement** - • Ages 13+ These movements have their origins in the martial arts, but are performed slowly, softly and gracefully with smooth and even transitions between them. All levels are welcome to this meditative exercise that fosters a calm, tranquil mind.

**Twinges** - Ages 13+ Exercise program designed to accommodate those with arthritis and related diseases. Improve muscular strength, endurance and flexibility, maintain independence and manage pain. You do not need to know how to swim to enjoy this class.

**Underwater Hockey** - • Ages 9+ Learn and develop the skills of underwater hockey. Teams compete to maneuver a puck across the bottom of a pool into goals. Players wear a diving mask, snorkel and swim fins, and use a short stick for playing the puck.

**Wee, Read & Wiggle** - • Ages 3 to 4 1/2 This is a great first class without a parent that includes basic tumbling, coordination, rhythm games, songs, and story time. Gross and fine motor skills will be developed, as well as social interaction and listening skills.

**Workout With Gerrit** - • By Invitation For advanced gymnasts who are on the Strivers Team; participation is by invitation only.

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

**Yoga - Chair** - • Ages 13+ This is a chair-based class. Using guided meditation, students will improve their flexibility, strength and balance as they develop stronger back and abdominal muscles.

**Yoga - Swasthya** - • Ages 13+ Swasthya Yoga explores different yoga traditions in a relaxed and comfortable manner at all skill levels. It uses low impact forms with awareness of breath, movement and mindfulness.