



YMCA VIRTUAL LIVE FITNESS CLASSES

Summer 2021 | June 14 - August 29

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

RV 6.23.2021

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	June 15 launch of new session. Please contact Tonya at the Y.					Tonya/Tess	SB Virtual/ In-person
Land Arthritis	Tue	10:30 am	11:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Christine	SB Virtual
RIP	Fri	9:30 am	10:30 am	Jun 18	Aug 27	--	\$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 Sneaker Classic	Wed	9:15 am	10:00 am	Jun 16	Aug 25	--	FREE	\$55.50	Christine	Gym A/B
Silver Sneakers	Thu	10:15 am	11:00 am	Jun 17	Aug 26	--	FREE	\$55.50	Mynn	ND Virtual
Silver Sneakers	Fri	9:15 am	10:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Christine	SB Virtual
Step	Wed	5:30pm	6:00pm	Jun 16	Aug 25	--	FREE	\$55.50	Jana	ND Virtual
Yoga-Chair	Mon	10:15 am	11:15 am	Returning in Fall.			--	--	Suzanne	SB Virtual
Yoga-Beginner	Mon	11:15 am	12:00 pm	Jun 14	Aug 23	--	\$43.50	\$77.00	Kay	ND Virtual
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!



NEW ON-DEMAND GROUP FITNESS CLASSES **REGISTRATION REQUIRED • PRE-RECORDED**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
NEW Essentrics	Tue	9:30 am	10:15 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Micaela	On Demand
NEW Healthy Choice	M/F	8:00 am	9:00 am	Jun 14	Aug 27	--	FREE	\$55.50	Mary Claire/ Sarah	On Demand
NEW Pilates	Wed	8:00 am	8:45 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Tonya	On Demand

NEW PERSONAL NUTRITION COACHING

Gain the essential knowledge to make nutritional changes that you can use anywhere, anytime. Learn about wellness goals that work for you and simplify confusing nutritional information.
* Certified Nutrition Coach-National Association of Sports Medicine.

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

IT'S BACK... SMALL GROUP PERSONAL TRAINING **Min. 5 Participants - Max 7**

AGE	DAY	START	END	START	END	NO CLASS	PER MEMBER	INSTR.	LOC.
13+	Wed	4:45 pm	5:30 pm	Jun 16	Aug 4	--	\$40.00	Laurie	Outside/TTX
13+	Thu	9:45 am	10:30 am	Jun 17	Aug 5	--	\$40.00	Laurie	Outside/TTX
13+	Fri	9:45 am	10:30 am	Jun 18	Aug 6	--	\$40.00	Laure	Outside/TTX

PERSONAL TRAINING | **VIRTUAL OPTIONS ARE ALSO 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

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
NEW Barre	Mon	6:00 pm	6:45 pm	Jun 14	Aug 23	--	\$43.50	\$77.00	Jenny	MPR A/B
NEW Meditation (5wk)	Wed	5:15 pm	6:15 pm	Jun 16	Jul 14	--	\$20.00	\$35.00	Sara	Social Lounge
NEW Meditation (5wk)	Wed	5:15 pm	6:15 pm	Jul 21	Aug 18	--	\$20.00	\$35.00	Sara	Social Lounge
Pilates	Wed	8:00 am	8:45 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Tonya	Outside
Pilates	Wed	8:00 am	8:45 am	Jun 16	Aug 25	---	\$43.50	\$77.00	Tonya	On Demand
Pilates	Fri	8:35 am	9:20 am	Jun 18	Aug 27	--	\$43.50	\$77.00	Tonya	Outside
Tai Chi Movement	Tue	5:45 pm	6:35 pm	Jun 15	Jul 27	--	\$28.00	\$49.00	Chris	MPR A/B
Yoga-Beginner/Int.	Mon	8:45 am	10:00 am	Jun 14	Aug 23	--	\$43.50	\$77.00	Dwight	Social Lounge
Yoga-Beginner/Int.	Wed	9:00 am	10:15 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Suzanne	Social Lounge
Yoga-Beginner/Int.	Wed	9:00 am	10:15 am	Jun 16	Aug 25	--	\$43.50	\$77.00	Suzanne	SB Virtual
Yoga-Beginner/Int.	Thu	9:45 am	11:00 am	Jun 17	Aug 26	--	\$43.50	\$77.00	Dwight	Social Lounge
Yoga-Chair	Mon	10:15 am	11:15 am	Returns in fall		--	--	--	Suzanne	Social Lounge
Yoga-Chair	Mon	10:15 am	11:15 am	Returns in fall		--	--	--	Suzanne	SB Virtual
NEW Yoga-Int./Adv.	Wed	5:15 pm	6:15 pm	Jun 16 Jun 30 Jul 14 Jul 28 Aug 11 Aug 25		--	Accepting donations		Alyssa	Peterson Park
Yoga-Swasthya	Mon	7:00 am	8:15 am	Jul 24	Aug 23	--	\$43.50	\$77.00	Prem	Outside

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Mon	5:15 am	5:50 am	Jun 14	Aug 23	--	\$31.00	\$77.00	Laurie	MPR A/B
Cycle	Mon	5:15 pm	5:45 pm	Jun 14	Aug 23	--	\$31.00	\$77.00	Sarah	MPR A/B
Cycle	Tue	8:15 am	9:15 am	Jun 15	Aug 24	--	\$31.00	\$77.00	Sarah	MPR A/B
Cycle	Wed	5:15 am	5:50 am	Jun 16	Aug 25	--	\$31.00	\$77.00	Laurie	MPR A/B
Cycle	Thu	8:15 am	9:15 am	Jun 17	Aug 26	--	\$31.00	\$77.00	Laurie	MPR A/B
Cycle	Thu	6:00 pm	6:30 pm	Jun 17	Aug 26	--	\$31.00	\$77.00	Jen	MPR A/B
Cycle	Fri	5:15 am	5:50 am	Jun 18	Aug 27	--	\$31.00	\$77.00	Laurie	MPR A/B
Fit for Life	M/W/F	6:15 am	7:00 am	Jun 14	Aug 27	--	FREE	\$131.00	Alyssa/Ellen/Kelsey	Gym A/B

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Healthy Choice	Mon	8:00 am	9:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Mary Claire	Outside/ Gym A/B
Healthy Choice	Mon	8:00 am	9:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Mary Claire	On Demand
Healthy Choice	Tue	9:00 am	10:00 am	Jun 15	Aug 24	--	FREE	\$55.50	Mary Claire	Gym A/B / Outside
Healthy Choice	Wed	8:00 am	9:00 am	Jun 16	Aug 25	--	FREE	\$55.50	Mary Claire	Outside/ Gym A/B
Healthy Choice	Thu	9:00 am	10:00 am	Jun 17	Aug 26	--	FREE	\$55.50	Linda	Gym A/B / Outside
Healthy Choice	Fri	8:00 am	9:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Sarah	Outside/ Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Sarah	On Demand
H.I.I.T.	Mon	5:30 pm	6:00 pm	Jun 14	Aug 23	--	\$19.00	\$77.00	Joe/Shane	Gym A/B
H.I.I.T.	Thu	5:15 pm	5:45 pm	Jun 17	Aug 26	Jul 15	\$19.00	\$77.00	Kelsey	Gym A/B
Step	Mon	8:15 am	9:15 am	Jun 21	Aug 23	--	FREE	\$55.50	Sarah	MPR A/B
Step	Fri	8:15 am	9:15 am	Jun 18	Aug 27	--	FREE	\$55.50	Linda	MPR A/B
Ultimate Fit	Tue	5:15 pm	6:15 pm	Jun 22	Aug 24	--	\$19.00	\$77.00	Mike	Outside

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Essentrics	Tue	9:30 am	10:15 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Micaela	On Demand
Flex Power	Tue	5:15 am	6:00 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Laurie	MPR A/B
Flex Power	Thu	5:15 am	6:00 am	Jun 17	Aug 26	--	\$19.00	\$77.00	Laurie	MPR A/B
Kettlebell	Mon	9:15 am	10:15 am	Returns in fall		--	--	--	Mike	Gym A/B
Kettlebell	Wed	9:15 am	10:15 am	Returns in fall		--	--	--	Mike	Gym A/B
RIP	Wed	9:00 am	10:00 am	Jun 16	Aug 25	--	\$19.00	\$77.00	Sarah	MPR A/B
RIP	Wed	5:15 pm	6:15 pm	Jun 16	Aug 25	--	\$19.00	\$77.00	Jen	MPR A/B
RIP	Fri	9:30 am	10:30 am	Jun 18	Aug 27	--	\$19.00	\$77.00	Sarah	MPR A/B
RIP	Fri	9:30 am	10:30 am	Jun 18	Aug 27	--	\$19.00	\$77.00	Sarah	SB Virtual
Senior Strength	Mon	7:50 am	8:25 am	Jun 14	Aug 23	--	\$19.00	\$55.50	Dwight	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Jun 17	Aug 26	--	\$19.00	\$55.50	Mary Claire	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Jun 17	Aug 26	--	\$19.00	\$55.50	Mary Claire	SB Virtual
Senior Strength	Fri	7:50 am	8:25 am	Jun 15	Aug 24	--	\$19.00	\$55.50	Mary Claire	Gym Ctr.

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Silver Sneaker Classic	Mon	9:15 am	10:00 am	Jun 14	Aug 23	--	FREE	\$55.50	Christine	Gym A/B
Silver Sneaker Classic	Tue	8:00 am	8:45 am	Jun 15	Aug 24	--	FREE	\$55.50	Linda	Gym A/B
Silver Sneaker Classic	Wed	9:15 am	10:00 am	Jun 16	Aug 25	--	FREE	\$55.50	Christine	Gym A/B
Silver Sneakers Classic	Wed	9:15 am	10:00 am	Jun 16	Aug 25	--	FREE	\$55.50	Christine	SB Virtual
Silver Sneakers Classic	Thu	8:00 am	8:45 am	Jun 17	Aug 26	--	FREE	\$55.50	Sarah	Gym A/B
Silver Sneaker Classic	Fri	9:15 am	10:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Christine	Gym A/B
Silver Sneaker Classic	Fri	9:15 am	10:00 am	Jun 18	Aug 27	--	FREE	\$55.50	Christine	SB Virtual

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.			
Goju Ryu Karate	Tue	3:30 pm	4:30 pm	Jun 15	Aug 17	--	\$67.00	\$134.00	Shaun	Peterson Park			
Goju Ryu Karate	Thu	3:30 pm	4:30 pm	Jun 17	Aug 19	--	\$67.00	\$134.00	Shaun	Peterson Park			
Karate - Private Lessons	6+	Contact Welcome Center for more information (fee shown is per hour)						\$27.50	\$55.00	Shaun	Peterson Park		
Pickleball 101 (Pre-Registration Required)	Sat	7:00 am	8:00 am	Jun 14	Aug 23	--	FREE	FREE	TBA	Gym A/B			
Pickleball All Levels	Mon	1:30 pm	3:15 pm	Jun 15	Aug 24	--	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	Jun 17	Aug 26	--				Gym A/B			
Pickleball All Levels	Thu	11:45 am	2:00 pm	Jun 18	Aug 27	Jul 15				Gym A/B			
Pickleball All Levels	Fri	2:00 pm	4:00 pm	Jun 19	Aug 28	--				Gym A/B			
Pickleball Beginner (one net)	Sat	7:00 am	8:55 am	Jun 19	Aug 28	--				Gym A/B			
Pickleball All Levels	Sat	7:00 am	8:55 am	Jun 20	Aug 29	--				Gym A/B			
Pickleball All Levels	Sun	7:00 am	9:00 am	Jun 19	Aug 28	--				Gym A/B			
Underwater Hockey	Thu	5:30 pm	7:15 pm	Jun 18	Aug 27	--				\$55.00	\$99.00	--	Comp

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Mon	8:45 am	9:30 am	Jun 14	Aug 23	--	FREE	\$55.50	Debbie	Comp Pool
Aqualite	Tue	8:45 am	9:30 am	Jun 15	Aug 24	--	FREE	\$55.50	Mary	Comp Pool
Aqualite	Wed	8:45 am	9:30 am	Jun 16	Aug 25	--	FREE	\$55.50	Kari	Comp Pool
Aqualite	Thu	8:45 am	9:30 am	Jun 17	Aug 26	--	FREE	\$55.50	Mary	Comp Pool
Aqualite	Fri	8:45 am	9:30 am	Jun 18	Aug 27	--	FREE	\$55.50	Dora	Comp Pool
Aquatic Knee & Hip Joint	M/W	11:30 am	12:15 pm	Jun 14	Aug 25	--	\$19.50	\$38.50	MC/Sarah/Jillian	Rec Pool
Over Your Head	Tue	7:45 am	8:30 am	Jun 15	Aug 24	--	\$19.00	\$77.00	Ann	Comp Pool
Over Your Head	Wed	5:30 am	6:15 am	Jun 16	Aug 25	--	\$19.00	\$77.00	Julie	Comp Pool
Over Your Head	Thu	7:45 am	8:30 am	Jun 17	Aug 26	--	\$19.00	\$77.00	Patty	Comp Pool
Over Your Head	Fri	5:30 am	6:15 am	Jun 18	Aug 27	--	\$19.00	\$77.00	Margaret	Comp Pool
Twinges	Mon	9:30 am	10:15 am	Jun 14	Aug 23	--	FREE	\$55.50	Ann	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Jun 16	Aug 25	--	FREE	\$55.50	Ann	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Jun 17	Aug 26	--	FREE	\$55.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Jun 18	Aug 27	--	FREE	\$55.50	Ann	Rec Pool

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	Jun 14	Aug 25	--	\$19.50	\$38.50	MC/Sarah/Jillian	Rec Pool
Diabetes Prevention Program	Tue	10:00 am	11:00 am	June 15 launch of new session. Please contact Tonya at the Y.					Tonya/Tess	SB Virtual
Knee & Hip Joint	T/Th	11:45 am	12:30 pm	Jun 15	Aug 26	--	\$19.50	\$38.50	Christine/Shawn	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Christine	SB Virtual
Land Arthritis	Tue	10:30 am	11:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Christine	MPR A/B
Land Arthritis	Thu	10:30 am	11:15 am	Jun 17	Aug 26	--	FREE	\$55.50	Christine	MPR A/B
LIVESTRONG® at the YMCA	T/Th	1:00 pm	2:30 pm	Please contact the Christine at the Y. Program will launch in July.						
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Jun 14	Aug 23	--	FREE	\$55.50	Christine	MPR A/B
LIVESTRONG® at the YMCA Program is sponsored by: Door County Medical Center and HSHS St. Vincent Hospital.										
M.IN.D.	Tue	1:00 pm	2:15 pm	In Session		--	FREE	FREE	Christine/Christy	MPR A/B
Moving for Better Balance	M/W	10:15 am	11:15 am	In Session	Aug 2	--	\$65.00	\$85.00	Sarah/Christine	MPR A/B
Parkinson's Exercise	T/Th	2:15 pm	3:15 pm	Please contact Christine at the Y.					Christine	MRP A/B
Stepping On	Mon	1:00 pm	3:00 pm	Jun 7	Jul 26	Jul 5	FREE	FREE	Christine	ADRC
Twinges	Mon	9:30 am	10:15 am	Jun 14	Aug 23	--	FREE	\$55.50	Ann	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Jun 15	Aug 24	--	FREE	\$55.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Jun 16	Aug 25	--	FREE	\$55.50	Ann	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Jun 17	Aug 26	--	FREE	\$55.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Jun 18	Aug 27	--	FREE	\$55.50	Ann	Rec Pool