



## Class Descriptions Northern Door Program Center

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

**After School Art and STEM** - Grades K-5 - This program will teach kids design, creativity, and personal expression. We will work on a variety of art and STEM projects each week that are both educational and fun!

**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.

**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.

**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.

**Flag Football - Grades K - 2** - Grades K-2 - Northern Door

**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)

**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.

**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.

**Sheepshead** - All ages Sheepshead or Sheephead is a trick-taking card game related to the Skat family of games. It is the Americanized version of a card game that originated in Central Europe in the late 18th century under the German name Schafkopf. Free to all.

**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!

**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.

**Twinges in the Hinges** - • Ages 13+ For individuals with arthritis and other related diseases. Taught in our pool, this class will improve strength, endurance and flexibility while helping manage the pain of arthritis. You do not need to know how to swim to enjoy class.

**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 - Vinyasa** - • Ages 13+ A goal of this class is to build both strength and flexibility to balance the body. Breath control is emphasized.