



VIRTUAL LIVE FITNESS

Fall 1 2021 | Sep 7 - Oct 31

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

RV9.21.2021

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	Please contact Tonya at the Y.					Tonya/Tess	SB Virtual/ In-person
Healthy Choice	Mon	8:00 am	9:00 am	Sep 13	Oct 25	--	FREE	\$39.50	Mary Claire	SB Virtual
Land Arthritis	Tue	10:30 am	11:15 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Christine	SB Virtual
Pilates	Wed	8:00 am	8:45 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Tonya	SB Virtual
RIP	Fri	9:30 am	10:30 am	Sep 10	Oct 29	--	\$14.00	\$56.00	Sarah	SB Virtual
Senior Strength	Thu	8:50 am	9:25 am	Sep 9	Oct 28	--	\$14.00	\$39.50	Mary Claire	SB Virtual
Silver Sneaker Classic	Wed	10:30 am	11:15 am	Sep 8	Oct 27	--	FREE	\$39.50	Sarah	SB Virtual
Silver Sneakers	Thu	10:15 am	11:00 am	Sep 23	Oct 28		FREE	\$39.50	Megan	ND Virtual
Silver Sneakers	Fri	9:15 am	10:00 am	Sep 10	Oct 29	--	FREE	\$39.50	Christine	SB Virtual
Step	Wed	5:30 pm	6:00 pm	Sep 8	Oct 27		FREE	\$39.50	Jana	ND Virtual
Yoga-Chair	Mon	10:15 am	11:15 am	Sep 13	Oct 25	--	\$31.50	\$56.00	Suzanne	SB Virtual
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Suzanne	SB Virtual



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BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
• Chair Yoga	Mon	11:15 am	12:00 pm	Sep 13	Oct 25	Sep 6	\$31.50	\$56.00	Kay	Studio C
• Yoga-Beg/Int.	Tue	9:00 am	10:00 am	Sep 7	Oct 26	--	\$31.50	\$56.00	Liz	Studio C
• Yoga-Beg/Int.	Thu	9:00 am	10:00 am	Sep 9	Oct 28	--	\$31.50	\$56.00	Liz	Studio C
• Yoga-Beg/Int.	Wed	9:00 am	10:00 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Janet	Studio C
• Yoga Vinyasa	Fri	9:00 am	10:00 am	Sep 10	Oct 29	--	\$31.50	\$56.00	Janet	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Wed	8:00 am	9:00 am	Sep 8	Oct 27	--	\$22.50	\$56.00	Catherine	Studio B
Cycle	Fri	8:00 am	8:45 am	Sep 10	Oct 29	--	\$22.50	\$56.00	Katie R	Studio B
Core & More	Tue	9:15 am	10:00 am	Sep 21	Oct 26	Sep 7 Sep 14	\$10.50	\$49.00	Stephanie/ Amy J	Gym
Core & More	Fri	9:00 am	9:45 am	Sep 10	Oct 29	--	\$14.00	\$56.00	Owen	Studio A
Step	Mon	8:00 am	9:00 am	Sep 13	Oct 25	Sep 6	FREE	\$39.50	Catherine	Studio A
Step	Wed	5:30 pm	6:00 pm	Sep 8	Oct 27	--	FREE	\$39.50	Jana	Studio A
TONE™	Thu	8:00 am	8:45 am	Sep 16	Oct 28	Sep 9	\$20.00	\$49.00	Amie B	Gym



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STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
BodyPump™	Mon	8:15 am	9:15 am	Sep 20	Oct 25	Sep 6 Sep 13	\$20.00	\$49.00	Heather	Gym
BodyPump™	Tue	4:30 pm	5:30 pm	Sep 21	Oct 26	Sep 7 Sep 14	\$20.00	\$49.00	Chris	Gym
BodyPump™	Wed	8:15 am	9:15 am	Sep 22	Oct 27	Sep 8 Sep 15	\$20.00	\$49.00	Amie	Gym
BodyPump™	Tue	8:00 am	9:00 am	Sep 21	Oct 28	Sep 9	\$20.00	\$49.00	Stephaine/ Amy J	Gym
BodyPump™	Fri	8:15 am	9:15 am	Sep 24	Oct 29	Sep 10 Sep 17	\$20.00	\$49.00	Amie	Gym
BodyPump™	Sat	9:00 am	10:00 am	Sep 25	Oct 30	Sep 11 Sep 18	\$20.00	\$49.00	Rotation	Gym
BodyPump™	Sun	10:15 am	11:15 am	Sep 26	Oct 31	Sep 12 Sep 19	\$20.00	\$49.00	Katy	Gym
Flex Power	Mon	9:15 am	10:00 am	Sep 13	Oct 25		\$14.00	\$56.00	Bonnie	StudioA
Flex Power	Wed	9:15 am	10:00 am	Sep 8	Oct 27		\$14.00	\$56.00	Bonnie	StudioA
Silver Sneakers	Mon	10:15 am	11:00 am	Sep 20	Oct 25	Sep 6 Sep 13	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 am	11:00 am	Sep 23	Oct 28	Sep 9 Sep 16	FREE	\$39.50	Mynn/Megan	Gym
Silver & Fit	Fri	10:15 am	11:00 am	Sep 24	Oct 29	Sep 10 Sep 17	FREE	\$39.50	Megan	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Tue	8:00 am	9:00 am	Sep 7	Oct 26	--	FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 am	9:00 am	Sep 9	Oct 28	--	FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 am	10:05 am	Sep 13	Oct 25	--	\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 am	10:05 am	Sep 8	Oct 27	--	\$14.00	\$56.00	Mary G	Pool
Aquatic Knee Hip & Joint	M/W	12:15 pm	1:00 pm	Sep 8	Sep 22	--	\$5.00	\$7.00	Bill W.	Pool
Twinges & Hinges	Thu	10:30 am	11:00 am	Sep 9	Oct 28	--	FREE	\$39.50	Bonnie	Pool
Senior Stretch & Tone	Mon	11:15 pm	12:00 pm	Sep 13	Sep 20	--	\$5.00	\$14.00	Bill W.	Pool
Senior Stretch & Tone	Wed	11:15 pm	12:00 pm	Sep 8	Sep 22	--	\$5.00	\$14.00	Bill W.	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	Wed	3:45 pm	4:45 pm	Sep 8	Oct 27	\$40.00	\$80.00	Shaun	Outside
Goju Ryu Karate	Fri	3:45 pm	4:45 pm	Sep 10	Oct 29	\$40.00	\$80.00	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	12:30pm	3:00pm	Sep 20	Oct 25	Members: \$5.00 per 8 week session Community: \$105.00 per 8 week session \$25.00 FOR THE YEAR		N/A	Gym
Pickleball - All Levels	Wed	12:30pm	3:00pm	Sep 22	Oct 27			N/A	Gym
Pickleball - All Levels	Fri	12:30pm	3:00pm	Sep 17	Oct 29			N/A	Gym

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aquatic Knee & Hip Joint	M/W	11:15 am	12:15 pm	Sep 8	Sep 22		\$5.00	\$7.00	Bill W	Pool
Knee & Hip Joint	T/Th	11:15 am	12:00 pm	Sep 14	Oct 28	--	\$14.00	\$28.00	Amy J/DCMC	Gym
M.IN.D.	Tue	1:00 pm	3:00 pm	Sep 21	Oct 26		FREE	FREE	DCMC	Studio B
Moving for Better Balance	M/W	11:15 am	12:15 pm	Sep 13	Nov 24		\$65.00	\$85.00	Megan	Studio A
Moving For Better Balance Alumni	Mon	12:30 pm	1:00 pm	Sep 13	Oct 25	Sep 6	\$8.50	\$24.00	Megan	Studio A
Stepping On	Tue	1:00 pm	3:00 pm	Nov 2	Dec 14	--	FREE	FREE	Megan	Studio B