



YMCA VIRTUAL LIVE FITNESS CLASSES

Fall 1 | Sep. 7 - Oct 31

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

RV 9.21.2021

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	Tue	9:00 am	10:00 am	Sep 7	Oct 19	Oct 26	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
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Sep 13	Oct 25	--	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	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

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

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.
Meditation Beginner/Guided	Wed	12:00 pm	1:00 pm	Sep 8	Sep 29	--	\$21.75	\$38.50	Sara	Social Lounge
Meditation Guided	Wed	12:00 pm	12:45 pm	Oct 6	Oct 27	--	\$21.75	\$38.50	Sara	Social Lounge
Pilates	Wed	8:00 am	8:45 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Tonya	MPR A/B
Pilates	Wed	8:00 am	8:45 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Tonya	SB Virtual
Pilates	Fri	8:35 am	9:20 am	Sep 10	Oct 29	--	\$31.50	\$56.00	Tonya	Gym Center
Tai Chi	Tue	5:45 pm	6:45 pm	Oct 5	Oct 26	--	\$16.00	\$27.50	Chris	MPR B
Yoga-Advanced	Wed	5:15 pm	6:15 pm	Sep 8	Oct 27	--	\$31.50	\$56.00	Alyssa	Social Lounge
Yoga-Beg/Int.	Mon	8:45 am	10:00 am	Sep 13	Oct 25	--	\$31.50	\$56.00	Dwight	Social Lounge
Yoga-Beg/Int.	Thu	9:45 am	11:00 am	Sep 9	Oct 28	--	\$31.50	\$56.00	Dwight	Social Lounge
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Suzanne	Social Lounge
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Sep 8	Oct 27	--	\$31.50	\$56.00	Suzanne	SB Virtual
Yoga-Chair	Mon	10:15 am	11:15 am	Sep 13	Oct 25	--	\$31.50	\$56.00	Suzanne	Social Lounge
Yoga -Chair	Mon	10:15 am	11:15 am	Sep 13	Oct 25	--	\$31.50	\$56.00	Suzanne	SB Virtual
Yoga Swasthya	Mon	4:00 pm	5:15 pm	Sep 13	Oct 25	--	\$31.50	\$56.00	Prem	Social Lounge

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cycle	Mon	5:15 am	5:50 am	Sep 13	Oct 25	--	\$22.50	\$56.00	Laurie	MPR A/B
Cycle	Tue	8:15 am	9:15 am	Sep 7	Oct 26	--	\$22.50	\$56.00	Sarah	MPR A/B
Cycle	Tue	5:15 pm	5:45 pm	Sep 14	Oct 26	--	\$22.50	\$56.00	Sarah	MPR A
Cycle	Wed	5:15 am	5:50 am	Sep 8	Oct 27	--	\$22.50	\$56.00	Laurie	MPR A/B
Cycle	Thu	6:00 pm	6:30 pm	Sep 9	Oct 28	--	\$22.50	\$56.00	Jen L.	MPR A/B
Cycle	Fri	5:15 am	5:50 am	Sep 10	Oct 29	--	\$22.50	\$56.00	Laurie	MPR A/B
Dance Jam	Mon	5:00 pm	5:45 pm	Sep 13	Oct 25	--	\$14.00	\$56.00	Jane	MPR B

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Fit for Life	M/W/F	6:15 am	7:00 am	Sep 8	Oct 27	--	FREE	\$96.00	Alyssa/Ellen	Gym A/B
Healthy Choice	Mon	8:00 am	9:00 am	Sep 13	Oct 25	--	FREE	\$39.50	Mary Claire	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Mary Claire	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Mary Claire	SB Virtual
Healthy Choice	Wed	8:00 am	9:00 am	Sep 8	Oct 27	--	FREE	\$39.50	Mary Claire	Gym A/B
Healthy Choice	Thu	9:00 am	10:00 am	Sep 9	Oct 28	--	FREE	\$39.50	Linda	Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Sep 10	Oct 29	--	FREE	\$39.50	Sarah	Gym A/B
H.I.I.T.	Mon	5:30 pm	6:00 pm	Sep 13	Oct 25	--	\$14.00	\$56.00	Shane/Joe	Gym A/B
H.I.I.T.	Thu	5:20 pm	5:50 pm	Sep 9	Oct 28	--	\$14.00	\$56.00	Jen L.	MPR A/B
Step	Mon	8:15 am	9:15 am	Sep 13	Oct 25	--	FREE	\$39.50	Sarah	MPR A/B
Step	Fri	8:15 am	9:15 am	Sep 10	Oct 29	--	FREE	\$39.50	Linda	MPR A/B

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Flex Power	Tue	5:15 am	6:00 am	Sep 7	Oct 26	--	\$14.00	\$56.00	Laurie	MPR A/B
Flex Power	Thu	5:15 am	6:00 am	Sep 9	Oct 28	--	\$14.00	\$56.00	Laurie	MPR A/B
Kettlebell	Mon	9:15 am	10:15 am	Sep 13	Oct 25	--	\$22.50	\$56.00	Mike	Gym A/B
Kettlebell	Wed	9:15 am	10:15 am	Sep 8	Oct 27	--	\$22.50	\$56.00	Mike	Gym A/B
RIP	Wed	9:00 am	10:00 am	Sep 8	Oct 27	--	\$14.00	\$56.00	Sarah	MPR A/B
RIP	Wed	5:15 pm	5:45 pm	Sep 8	Oct 27	--	\$14.00	\$56.00	Jen L.	MPR A/B
RIP	Fri	9:30 am	10:30 am	Sep 10	Oct 29	--	\$14.00	\$56.00	Sarah	MPR A/B
RIP	Fri	9:30 am	10:30 am	Sep 10	Oct 29	--	\$14.00	\$56.00	Sarah	SB Virtual
Senior Strength	Mon	7:50 am	8:25 am	Sep 13	Oct 25	--	\$14.00	\$39.50	Dwight	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Sep 9	Oct 28	--	\$14.00	\$39.50	Mary Claire	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Sep 9	Oct 28	--	\$14.00	\$39.50	Mary Claire	SB Virtual
Senior Strength	Fri	7:50 am	8:25 am	Sep 10	Oct 29	--	\$14.00	\$39.50	Mary Claire	Gym Ctr.
Silver Sneakers Classic	Mon	10:30 am	11:15 am	Sep 13	Oct 25	--	FREE	\$39.50	Christine	Gym A/B

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Silver Sneakers Classic	Tue	8:00 am	8:45 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Linda	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Sep 8	Oct 27	--	FREE	\$39.50	Sarah	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Sep 8	Oct 27	--	FREE	\$39.50	Sarah	SB Virtual
Silver Sneakers Classic	Thu	8:00 am	8:45 am	Sep 9	Oct 28	--	FREE	\$39.50	Christine	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Sep 10	Oct 29	--	FREE	\$39.50	Christine	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Sep 10	Oct 29	--	FREE	\$39.50	Christine	SB Virtual

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Adult Swim Lessons	Wed	6:10 pm	6:50 pm	Sep 8	Oct 20	--	\$31.00	\$52.50	--	Comp Pool
Goju Ryu Karate	Tue	3:45 pm	4:45 pm	Sep 7	Oct 26	--	\$40.00	\$80.00	Shaun	Peterson Park
Goju Ryu Karate	Thu	3:45 pm	4:45 pm	Sep 9	Oct 28	--	\$40.00	\$80.00	Shaun	Peterson Park
Karate -Private Lessons	--	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	Sep 11	Oct 30	--	FREE	FREE	TBA	Gym A/B
Pickleball All Levels	Mon	1:30 pm	3:15 pm	Sep 13	Oct 25	--	Members: \$ 5.00 per 8 week session Community: \$ 105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	11:00 am	3:00 pm	Sep 7	Oct 26	--				Gym A/B
Pickleball All Levels	Thu	11:45 am	2:00 pm	Sep 9	Oct 28	--				Gym A/B
Pickleball All Levels	Fri	2:00 pm	4:00 pm	Sep 10	Oct 29	--				Gym A/B
Pickleball Beginner (one net)	Sat	7:00 am	8:55 am	Sep 11	Oct 30	--				Gym A/B
Pickleball All Levels	Sat	7:00 am	8:55 am	Sep 11	Oct 30	--				Gym A/B
Pickleball All Levels	Sun	7:00 am	9:00 am	Sep 12	Oct 31	--				Gym A/B
Underwater Hockey	Fri	5:45 pm	7:15 pm	Sep 3	Oct 29	--	\$70.00	\$120.00	--	Comp Pool

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Adult Swim Lessons	Wed	6:10 pm	6:50 pm	Sep 8	Oct 20	--	\$31.00	\$52.50	--	Comp Pool
Aqualite	Mon	8:45 am	9:30 am	Sep 13	Oct 25	--	FREE	\$39.50	Debbie	Comp Pool
Aqualite	Tue	8:45 am	9:30 am	Sep 7	Oct 26	--	FREE	\$39.50	Mary	Comp Pool
Aqualite	Wed	8:45 am	9:30 am	Sep 8	Oct 27	--	FREE	\$39.50	Dori	Comp Pool
Aqualite	Thu	8:45 am	9:30 am	Sep 9	Oct 28	--	FREE	\$39.50	Mary	Comp Pool
Aqualite	Fri	8:45 am	9:30 am	Sep 10	Oct 29	--	FREE	\$39.50	Dora	Comp Pool
Aquatic Knee/Hip	M/W	11:30 am	12:15 pm	Sep 8	Oct 27	--	\$14.00	\$28.00	MC/Sarah/ Amanda	Rec Pool
Over Your Head	Tue	7:45 am	8:30 am	Sep 7	Oct 26	--	\$14.00	\$56.00	Ann	Comp Pool
Over Your Head	Wed	5:30 am	6:15 am	Sep 8	Oct 27	--	\$14.00	\$56.00	Julie	Comp Pool
Over Your Head	Thu	7:45 am	8:30 am	Sep 9	Oct 28	--	\$14.00	\$56.00	Patty	Comp Pool
Over Your Head	Fri	5:30 am	6:15 am	Sep 10	Oct 29	--	\$14.00	\$56.00	Margaret	Comp Pool
Twinges	Mon	9:30 am	10:15 am	Sep 13	Oct 25	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Sep 7	Oct 26	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Sep 8	Oct 27	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Sep 9	Oct 28	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Sep 10	Oct 29	--	FREE	\$39.50	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	Sep 8	Oct 27	--	\$14.00	\$28.00	MC/Sarah/ Amanda	Rec Pool
Diabetes Prevention Program	Tue	10:00 am	11:00 am	Please contact Tonya at the Y.					Tonya/Tess	SB Virtual
Knee & Hip Joint	T/Th	11:45 am	12:30 pm	Sep 7	Oct 28	--	\$14.00	\$28.00	Christine/ Shawn	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Christine	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Sep 7	Oct 19	Oct 26	FREE	\$39.50	Christine	SB Virtual
Land Arthritis	Thu	10:30 am	11:15 am	Sep 9	Oct 28	--	FREE	\$39.50	Christine	MPR A/B
LIVESTRONG® at the YMCA	T/Th	1:00 pm	2:30 pm	Please contact the Christine at the Y.						
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Sep 13	Oct 25	--	FREE	\$39.50	Christine	MPR A/B
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Sep 13	Oct 25	--	FREE	\$39.50	Christine	SB Virtual
LIVESTRONG® at the YMCA Program is sponsored by: Door County Medical Center and HSHS St. Vincent Hospital.										
M.I.N.D.	Tue	1:00 pm	2:15 pm	Please contact Christine at the Y.		--	FREE	FREE	Christine/ Christy	MPR A/B
Moving for Better Balance	M/W	10:15 am	11:15 am	Sep 8	Nov 29	--	\$65.00	\$85.00	Sarah/ Christine	MPR A/B
Parkinson's Exercise	T/Th	2:15 pm	3:15 pm	Monthly		--	\$45.00	\$75.00	Christine/ DCMC	MRP A/B
Stepping On	Mon	1:00 pm	3:00 pm	Sep 13	Oct 25	--	FREE	FREE	Christine/ DCMC	ADRC
Twinges	Mon	9:30 am	10:15 am	Sep 13	Oct 25	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Sep 7	Oct 26	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Wed	9:30 am	10:15 am	Sep 8	Oct 27	--	FREE	\$39.50	Ann	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Sep 9	Oct 28	--	FREE	\$39.50	Becky	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Sep 10	Oct 29	--	FREE	\$39.50	Ann	Rec Pool