



VIRTUAL LIVE FITNESS

Winter 1 2022 | Jan 3 - Feb 27

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

RV 12.20.2021

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.
Cardio & More	Mon	10:15 am	11:00 am	Jan 3	Feb 21	--	\$14.00	\$56.00	Owen A.	ND Virtual
Core & More	Tue	9:15 am	10:00 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Stephanie M.	ND Virtual
Core & More	Fri	9:15 am	10:00 am	Jan 7	Feb 25	--	\$14.00	\$56.00	Owen A.	ND Virtual
Diabetes Prevention Program	Tue	10:00 am	11:00 am	Please contact Tonya at the Y.					Tonya F./ Tess J.	SB Virtual/ In-person
Healthy Choice	Tue	9:00 am	10:00 am	Jan 4	Feb 22	--	FREE	\$39.50	Mary Claire M.	SB Virtual
Land Arthritis	Tue	10:30 am	11:15 am	Jan 4	Feb 22	--	FREE	\$39.50	Christine M.	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Jan 3	Feb 21	--	FREE	\$39.50	Christine M.	SB Virtual
Pilates	Wed	8:00 am	8:45 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Tonya F.	SB Virtual
Senior Strength	Thu	8:50 am	9:25 am	Jan 6	Feb 24	--	\$14.00	\$39.50	Mary Claire M.	SB Virtual
Silver Sneaker Classic	Wed	10:30 am	11:15 am	Jan 5	Feb 23	--	FREE	\$39.50	Sarah G.	SB Virtual
Silver Sneakers Classic	Thu	10:15 am	11:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Megan S.	ND Virtual
Silver Sneaker Classic	Fri	9:15 am	10:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Christine M.	SB Virtual
Step	Wed	5:30 pm	6:00 pm	Jan 5	Feb 23	Jan 12	FREE	\$39.50	Jana R.	ND Virtual
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Chair	Mon	10:15 am	11:15 am	Jan 3	Feb 21	--	\$31.50	\$62.00	Suzanne H.	SB Virtual



GROUP FITNESS

Winter 1 2022 | Jan 3 - Feb 27

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

RV 12.20.2021

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Chair Yoga	Mon	11:15 am	12:00 pm	Jan 3	Feb 21	--	\$31.50	\$62.00	Kay	Studio C
Yoga Beginner/Intermediate	Tue	9:00 am	10:00 am	Jan 4	Feb 22	--	\$31.50	\$62.00	Liz	Studio C
Yoga Beginner/Intermediate	Wed	9:00 am	10:00 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Janet	Studio C
Yoga Beginner/Intermediate	Thu	9:00 am	10:00 am	Jan 6	Feb 24	--	\$31.50	\$62.00	Liz	Studio C
Yoga Vinyasa	Fri	9:00 am	10:00 am	Jan 7	Feb 25	--	\$31.50	\$62.00	Janet	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cardio & More	Mon	10:15 am	11:00 am	Jan 3	Feb 21	--	\$14.00	\$56.00	Owen	Studio A
Cardio & More	Mon	10:15 am	11:00 am	Jan 3	Feb 21	--	\$14.00	\$56.00	Owen	ND Virtual
Core & More	Fri	9:15 am	10:00 am	Jan 6	Feb 24	--	\$14.00	\$56.00	Owen	Studio A
Core & More	Fri	9:15 am	10:00 am	Jan 4	Feb 24	--	\$14.00	\$56.00	Owen	ND Virtual
Core & More	Tue	9:15 am	10:00 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Stephanie	Studio A
Core & More	Tue	9:15 am	10:00 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Stephanie	ND Virtual
Cycle	Tue	6:30 am	7:30 am	Jan 4	Feb 22	--	\$22.50	\$56.00	Rotating	Studio B
Cycle	Thu	6:30 am	7:30 am	Jan 6	Feb 24	--	\$22.50	\$56.00	Stephan	Studio B
Cycle	Fri	8:00 am	8:45 am	Jan 7	Feb 25	--	\$22.50	\$56.00	Katie R	Studio B
Step	Mon	8:00 am	9:00 am	Jan 3	Feb 21	--	FREE	\$39.50	Lesley	Studio A
Step	Wed	5:30 pm	6:00 pm	Jan 5	Feb 23	Jan 12	FREE	\$39.50	Jana	Studio A
Step	Wed	5:30 pm	6:00 pm	Jan 5	Feb 23	Jan 12	FREE	\$39.50	Jana	ND Virtual
TONE™	Thu	8:00 am	9:00 am	Jan 6	Feb 24	--	\$22.50	\$56.00	Amie B	Gym

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
BodyPump™	Mon	8:15 am	9:15 am	Jan 3	Feb 21	--	\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 am	9:00 am	Jan 4	Feb 22	--	\$22.50	\$56.00	Stephanie	Gym
BodyPump™	Tue	4:30 pm	5:30 pm	Jan 4	Feb 22	--	\$22.50	\$56.00	Chris	Gym
BodyPump™	Wed	8:15 am	9:15 am	Jan 5	Feb 23	--	\$22.50	\$56.00	Amie	Gym
BodyPump™	Fri	8:15 am	9:15 am	Jan 7	Feb 25	--	\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 am	10:00 am	Jan 8	Feb 26	--	\$22.50	\$56.00	Rotation	Gym



GROUP FITNESS

Winter 1 2022 | Jan 3 - Feb 27

Northern Door Program Center • 920.868.3660

3866 Gibraltar Rd. Fish Creek, WI 54212

RV 12.20.2021

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Flex Power	Mon	9:15 am	10:00 am	Jan 3	Feb 21	--	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 am	10:00 am	Jan 5	Feb 23	--	\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 am	11:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Megan	Gym
Silver Sneakers Classic	Mon	10:15 am	11:00 am	Jan 3	Feb 21	--	FREE	\$39.50	Kay	Gym
Silver Sneakers Classic	Thu	10:15 am	11:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Megan	Gym
Silver Sneakers Classic	Thu	10:15 am	11:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Megan	ND Virtual

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Tue	8:00 am	9:00 am	Jan 4	Feb 22	--	FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 am	9:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Mary G	Pool
Aquatic Knee Hip & Joint	M/W	12:15 pm	1:00 pm	Jan 3	Feb 23	--	\$14.00	\$56.00	Bill W.	Pool
Pilaqua	Mon	9:00 am	10:05 am	Jan 3	Feb 7	--	\$12.00	\$49.00	Mary G	Pool
Pilaqua	Wed	9:00 am	10:05 am	Jan 5	Feb 9	--	\$12.00	\$49.00	Mary G	Pool
Senior Stretch & Tone	Mon	11:15 am	12:00 pm	Jan 3	Feb 21	--	\$14.00	\$56.00	Bill W.	Pool
Senior Stretch & Tone	Wed	11:15 pm	12:00 pm	Jan 5	Feb 23	--	\$14.00	\$56.00	Bill W.	Pool
Twinges & Hinges	Thu	10:30 am	11:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Bonnie	Pool

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aquatic Knee & Hip Joint	M/W	11:15 am	12:00 pm	Jan 3	Feb 23	--	\$14.00	\$28.00	Bill W	Pool
Knee & Hip Joint	T/Th	11:15 am	12:00 pm	Jan 4	Feb 24	--	\$14.00	\$28.00	Amy J/ DCMC	Gym
M. IN D.	Tue	1:00 pm	3:00 pm	Jan 18	Feb 22	--	FREE	FREE	DCMC	Studio C
Moving For Better Balance	M/W	11:15 am	12:15 pm	Jan 10	Apr 4	Mar 21 Mar 23	\$65.00	\$85.00	Megan	Studio C
Moving For Better Balance Alumni	Mon	12:30 pm	1:00 pm	Jan 3	Feb 21	--	\$8.50	\$24.00	Megan	Studio A



GROUP FITNESS

Winter 1 2022 | Jan 3 - Feb 27

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

RV 12.20.2021

PERSONAL TRAINING VIRTUAL OPTIONS AVAILABLE

PACKAGE OPTIONS	MEMBER	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	LOCATION
Adult Phy Ed	Wed	5:00 pm	6:00 pm	Jan 5	Feb 23	\$14.00	\$56.00	Gym
Pickleball - All Levels	Mon	12:30pm	3:00pm	Jan 3	Feb 21	Members: \$5.00 per 8 week session	Community: \$105.00 per week session	Gym
Pickleball - All Levels	Wed	12:30pm	3:00pm	Jan 5	Feb 23			Gym
Pickleball - All Levels	Fri	12:30pm	3:00pm	Jan 7	Feb 25			Gym

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	LOC.
Sheepshead	Tues	1:00 pm	3:00 pm	Every Tuesday		--	FREE	FREE	TBD
Mahjongg - Beginner	Wed	1:00 pm	3:00 pm	Advance Play Every Wednesday		--	FREE	FREE	TBD
Mahjongg - Advanced	Fri	10:00 am	12:00 pm	Beginner Play Every Friday		--	FREE	FREE	TBD
Fibromyalgia Support Group	Thu	1:00 pm	3:00 pm	First Thursday of the month		--	FREE	FREE	TBD
Crafty Ladies	Tue	10:00 am	12:00 pm	1st & 3rd Tuesday of the month		--	FREE	FREE	TBD