



YMCA VIRTUAL LIVE FITNESS CLASSES

Winter 1 2022 | Jan. 3 - Feb 27

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

RV 1.6.2022

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 Sneakers 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 Sneakers 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

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

DIABETES PREVENTION PROGRAM | VIRTUAL OPTIONS ARE ALSO AVAILABLE

The Diabetes Prevention Program, otherwise known as DPP, has been developed as a comprehensive lifestyle change program in concert with the Centers for Disease Control (CDC) to reduce the risk of - or prevent - the development of Type II Diabetes.

To learn more about the program or to see if you are at risk, contact Tess Johnson at 920.743.4949 or view/download the program brochure from our website www.doorcountyyymca.org.

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 Beg./ Guided	Thu	12:00 pm	1:00 pm	Jan 6	Jan 27	--	\$21.75	\$43.50	Sara O.	Social Lounge
Meditation Guided	Wed	12:00 pm	12:45 pm	Jan 5	Feb 23	--	\$31.50	\$62.00	Sara O.	Social Lounge
Pilates	Wed	8:00 am	8:45 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Tonya F.	MPR A/B
Pilates	Wed	8:00 am	8:45 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Tonya F.	SB Virtual
Pilates	Fri	8:35 am	9:20 am	Jan 7	Feb 25	--	\$31.50	\$62.00	Tonya F.	Gym Ctr
Tai Chi Movement	Tue	5:45 pm	6:45 pm	Jan 4	Feb 22	--	\$31.50	\$62.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 am	10:00 am	Jan 3	Feb 21	--	\$31.50	\$62.00	Dwight Z.	Social Lounge
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Suzanne H.	Social Lounge
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Jan 5	Feb 23	--	\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:45 am	11:00 am	Jan 6	Feb 24	--	\$31.50	\$62.00	Dwight Z.	Social Lounge
Yoga-Chair	Mon	10:15 am	11:15 am	Jan 3	Feb 21	--	\$31.50	\$62.00	Suzanne H.	Social Lounge
Yoga-Chair	Mon	10:15 am	11:15 am	Jan 3	Feb 21	--	\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Int.	Wed	5:15 pm	6:15 pm	Jan 5	Feb 23	--	\$31.50	\$62.00	Alyssa D.	Social Lounge
Yoga-Swasthya	Mon	4:00 pm	5:15 pm	Jan 3	Feb 21	--	\$31.50	\$62.00	Prem L.	Social Lounge

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
Cardio & More	Wed	5:15 am	5:50 am	Jan 5	Feb 23	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 am	5:50 am	Jan 3	Feb 21	--	\$22.50	\$56.00	Laurie T.	MPR A/B
Cycle	Tue	8:15 am	9:15 am	Jan 4	Feb 22	--	\$22.50	\$56.00	Sarah G.	MPR A/B
Cycle	Tue	5:15 pm	5:45 pm	Jan 4	Feb 22	--	\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Thu	6:00 pm	6:30 pm	Jan 6	Feb 24	--	\$22.50	\$56.00	Jen L.	MPR A/B
Cycle	Fri	5:15 am	5:50 am	Jan 7	Feb 25	--	\$22.50	\$56.00	Laurie T.	MPR A/B
Dance Jam	Mon	5:00 pm	5:45 pm	Jan 3	Jan 24	--	\$7.00	\$28.00	Jane B.	MPR B
Fit for Life	M/W/F	6:15 am	7:00 am	Jan 3	Feb 25	--	FREE	\$96.00	Alyssa D./ Ellen K.	Gym A/B

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST.	LOC.
H.I.I.T.	Mon	5:30 pm	6:00 pm	Jan 3	Feb 21	--	\$14.00	\$56.00	Shane B./ Joe B.	Gym A/B
H.I.I.T.	Thu	5:20 pm	5:50 pm	Jan 6	Feb 24	--	\$14.00	\$56.00	Jen L.	MPR A/B
Healthy Choice	Mon	8:00 am	9:00 am	Jan 3	Feb 21	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Jan 4	Feb 22	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Jan 4	Feb 22	--	FREE	\$39.50	Mary Claire M.	SB Virtual
Healthy Choice	Wed	8:00 am	9:00 am	Jan 5	Feb 23	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 am	10:00 am	Jan 6	Feb 24	--	FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Sarah G.	Gym A/B
Step	Mon	8:15 am	9:15 am	Jan 3	Feb 21	--	FREE	\$39.50	Sarah G.	MPR A/B
Step	Fri	8:15 am	9:15 am	Jan 7	Feb 18	Feb 25	FREE	\$39.50	Linda W.	MPR A/B

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Essentrics	Tue	9:00 am	9:45 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Micaela I.	MPR B
Flex Power	Tue	5:15 am	6:00 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 am	6:00 am	Jan 6	Feb 24	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Kettlebell	Mon	9:15 am	10:15 am	Jan 3	Feb 21	--	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 am	10:15 am	Jan 5	Feb 23	--	\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 am	10:00 am	Jan 5	Feb 23	--	\$14.00	\$56.00	Sarah G.	MPR A/B
RIP	Wed	5:15 pm	5:45 pm	Jan 5	Feb 23	Jan 12	\$14.00	\$56.00	Jen L.	MPR A/B
RIP	Fri	9:30 am	10:30 am	Jan 7	Feb 18	Feb 25	\$14.00	\$56.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 am	8:25 am	Jan 3	Feb 21	--	\$14.00	\$39.50	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Jan 6	Feb 24	--	\$14.00	\$39.50	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Jan 6	Feb 24	--	\$14.00	\$39.50	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 am	8:25 am	Jan 7	Feb 25	--	\$14.00	\$39.50	Mary Claire M.	Gym Ctr.

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Silver Sneakers Classic	Mon	10:30 am	11:15 am	Jan 3	Feb 21	--	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Tue	8:00 am	8:45 am	Jan 4	Feb 22	--	FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Jan 5	Feb 23	--	FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Jan 5	Feb 23	--	FREE	\$39.50	Sarah G.	SB Virtual
Silver Sneakers Classic	Thu	8:00 am	8:45 am	Jan 6	Feb 24	--	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Jan 7	Feb 25	--	FREE	\$39.50	Christine M.	SB Virtual

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Aqualite	Mon	8:45 am	9:30 am	Jan 3	Feb 21	--	FREE	\$39.50	Debbie B.	Comp Pool
Aqualite	Tue	8:45 am	9:30 am	Jan 4	Feb 22	--	FREE	\$39.50	TBD	Comp Pool
Aqualite	Wed	8:45 am	9:30 am	Jan 5	Feb 23	--	FREE	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 am	9:30 am	Jan 6	Feb 24	--	FREE	\$39.50	TBD	Comp Pool
Aqualite	Fri	8:45 am	9:30 am	Jan 7	Feb 25	--	FREE	\$39.50	Dora L./ Mary Claire M.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 am	12:15 pm	Jan 3	Feb 23	--	\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Over Your Head	Tue	7:45 am	8:30 am	Jan 4	Feb 22	--	\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 am	6:15 am	Jan 5	Feb 23	--	\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 am	8:30 am	Jan 6	Feb 24	--	\$14.00	\$56.00	Patty B.	Comp Pool
Over Your Head	Fri	5:30 am	6:15 am	Jan 7	Feb 25	--	\$14.00	\$56.00	Margaret G.	Comp Pool

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Twinges	Mon	9:30 am	10:15 am	Jan 3	Feb 21	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Jan 4	Feb 22	--	FREE	\$39.50	Christine M.	Rec Pool
Twinges	Wed	10:15 am	11:00 am	Jan 5	Feb 23	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Jan 6	Feb 24	--	FREE	\$39.50	Sarah G.	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Jan 7	Feb 25	--	FREE	\$39.50	Ann E.	Rec Pool

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INSTR.	LOC.
Adult Volleyball League	Mon	6:00 pm	8:00 pm	Nov 8	Mar 8		\$225.00 per team Addition \$35.00 per Non-YMCA Member		Paul B	Gym A/B
Pickleball 101 (Pre-Registration Required)	Every other Sat.	7:00 am	8:00 am	Jan 8	Feb 26		FREE	FREE	Bonnie R	Gym A/B
Pickleball All Levels	Mon	1:30 pm	3:15 pm	Jan 3	Feb 21		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	Jan 4	Feb 22					Gym A/B
Pickleball All Levels	Thu	11:45 am	2:00 pm	Jan 6	Feb 24					Gym A/B
Pickleball All Levels	Fri	2:00 pm	4:00 pm	Jan 7	Feb 25					Gym A/B
Pickleball Beginner (one net)	Sat	7:00 am	8:45 am	Jan 8	Feb 26					Gym A/B
Pickleball All Levels	Sun	7:00 am	9:00 am	Jan 9	Feb 27					Gym A/B
Underwater Hockey	Fri	5:15 pm	6:15 pm	Jan 7	Feb 25	--	\$53.00 for 8wk session	\$15.00 per day		Comp 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	Jan 3	Feb 23	--	\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Diabetes Prevention Program	Tue	10:00 am	11:00 am	Please contact Tonya at the Y.					Tonya F./Tess J.	SB Virtual
Knee & Hip Joint	T/Th	11:45 am	12:30 pm	Jan 4	Feb 24	--	\$14.00	\$28.00	Christine M./DCMC	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Jan 4	Feb 22	--	FREE	\$39.50	Christine M.	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Jan 4	Feb 22	--	FREE	\$39.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 am	11:15 am	Jan 6	Feb 24	--	FREE	\$39.50	Christine M.	MPR A/B
LIVESTRONG® at the YMCA	T/Th	1:00 pm	2:30 pm	Jan 11	Mar 31		FREE	FREE	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Jan 3	Feb 21	--	FREE	\$39.50	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Jan 3	Feb 21	--	FREE	\$39.50	Christine M.	SB Virtual
M.IN D.	Mon	1:00 pm	3:00 pm	Jan 24	Feb 28	--	FREE	FREE	Christine M./DCMC	MPR A/B
Moving for Better Balance	M/W	10:15 am	11:15 am	Jan 3	Mar 23	--	\$65.00	\$85.00	Sarah G./Christine M.	MPR B
Parkinson's Exercise	T/Th	2:15 pm	3:15 pm	Monthly		--	\$45.00	\$75.00	Christine M./DCMC	MPR A
Stepping On	Mon	1:00 pm	3:00 pm	Please contact the Christine at the Y.		--	FREE	FREE	Christine M.	ADRC
Twinges	Mon	9:30 am	10:15 am	Jan 3	Feb 21	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Jan 4	Feb 22	--	FREE	\$39.50	Christine M.	Rec Pool
Twinges	Wed	10:15 am	11:00 am	Jan 5	Feb 23	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Jan 6	Feb 24	--	FREE	\$39.50	Sarah G.	Rec Pool
Twinges	Fri	9:30 am	10:15 am	Jan 7	Feb 25	--	FREE	\$39.50	Ann E.	Rec Pool