



# SP22 GROUP PROGRAMS

SPRING 2022 | Apr 25 - Jun 19

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

RV 4.27.2022

## 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.	INST	LOC
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	Apr 26	Jun 14	--	FREE	\$39.50	Mary Claire M.	SB Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 26	Jun 14	--	FREE	\$39.50	Christine M.	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 25	Jun 13	May 30	FREE	\$39.50	Christine M.	SB Virtual
Pilates	Wed	8:00 AM	8:45 AM	Apr 27	Jun 15	--	\$31.50	\$62.00	Tonya F.	SB Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Apr 28	Jun 16	--	\$14.00	\$39.50	Mary Claire M.	SB Virtual
Silver Sneaker Classic	Wed	10:30 AM	11:15 AM	Apr 27	Jun 15	--	FREE	\$39.50	Sarah G.	SB Virtual
Silver Sneaker Classic	Fri	9:15 AM	10:00 AM	Apr 29	Jun 17	--	FREE	\$39.50	Christine M.	SB Virtual
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Megan S.	ND Virtual
Step	Wed	5:30 PM	6:00 PM	Apr 27	Jun 15		FREE	\$39.50	Jana R.	ND Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 27	Jun 15	--	\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 25	Jun 13	May 30	\$31.50	\$62.00	Suzanne H.	SB Virtual



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## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Yoga Beginner/Intermediate	Thu	9:15AM	10:15AM	Apr 26	Jun 14		\$31.50	\$62.00	Amy I	Studio C
Yoga Beginner/Intermediate	Wed	9:00 AM	10:00 AM	Apr 27	Jun 15		\$31.50	\$21.00	Caitlin T	Studio C
Yoga Beginner/Intermediate	Tue	9:15 AM	10:15 AM	Apr 28	Jun 16		\$31.50	\$62.00	Amy I	Studio C

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Apr 25	Jun 13	May 30	\$14.00	\$56.00	Owen	Studio A
Core & More	Tue	9:15 AM	10:00 AM	Apr 26	Jun 14		\$14.00	\$56.00	Stephanie	Gym
Core & More	Thu	9:15 AM	10:00 AM	Apr 28	Jun 16		\$14.00	\$56.00	Owen	Studio A
Cycle	Wed	8:00 AM	9:00 AM	Apr 27	Jun 15		\$22.50	\$56.00	Sverre	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Apr 29	Jun 17		\$22.50	\$56.00	Katie R	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Apr 26	Jun 14		\$22.50	\$56.00	Deanna	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Apr 28	Jun 16		\$22.50	\$56.00	Stephan	Studio B
Step	Mon	8:00 AM	9:00 AM	Apr 25	Jun 13	May 30	FREE	\$39.50	Lesley	Studio A
Step	Wed	5:30 PM	6:00 PM	Apr 27	Jun 15		FREE	\$39.50	Jana	Studio A
Step	Wed	5:30 PM	6:00 PM	Apr 27	Jun 15		FREE	\$39.50	Jana	ND Virtual
TONE™	Thu	8:00 AM	9:00 AM	Apr 28	Jun 16		\$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	Apr 25	Jun 13	May 30	\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Apr 26	Jun 14		\$22.50	\$56.00	Stephanie	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Apr 26	Jun 14		\$22.50	\$56.00	Chris	Gym
BodyPump™	Wed	8:15 AM	9:15 AM	Apr 27	Jun 15		\$22.50	\$56.00	Amie	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Apr 29	Jun 17		\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Apr 30	Jun 18	--	\$22.50	\$56.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Apr 25	Jun 13	May 30	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Apr 27	Jun 15		\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Apr 29	Jun 17		FREE	\$39.50	Megan	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Apr 25	Jun 13	May 30	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Megan	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Megan	ND Virtual



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## WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Apr 26	Jun 14		FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Apr 28	Jun 16		FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Apr 25	Jun 13	May 30	\$14.00	\$49.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Apr 27	Jun 15		\$14.00	\$49.00	Mary G	Pool
Aquatic Knee Hip & Joint	M/W	12:15 PM	1:00 PM	May 16	Jun 15	May 30	\$11.00	\$42.00	Bill W.	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	May 16	Jun 13	May 30	\$11.00	\$42.00	Bill W.	Pool
Senior Stretch & Tone	Wed	11:15 AM	12:00 PM	May 18	Jun 15		\$11.00	\$42.00	Bill W.	Pool
Twinges & Hinges	Thu	10:30 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Bonnie	Pool

## SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aquatic Knee & Hit Joint	M/W	11:15 AM	12:00 PM	Apr 25	Jun 15	May 30	\$7.00	\$49.00	Bill W	Pool
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Apr 26	Jun 16		\$28.00	\$28.00	Amy J/ DCMC	Gym
Moving For Better Balance	T/Th	10:15 AM	11:15 AM	May 31	Aug 18	May 30	\$65.00	\$85.00	Megan	Studio C
Moving For Better Balance Alumni	Mon	12:30 PM	1:00 PM	Apr 25	Jun 13	May 30	\$8.50	\$24.00	Megan	Studio A

## PERSONAL TRAINING | VIRTUAL OPTIONS ARE ALSO AVAILABLE

PACKAGE OPTIONS	MEMBER	LOCATION
15-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



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## ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pickleball All Levels	Mon	12:30 PM	03:00 PM	Apr 25	Jun 13	May 30	Members: \$5.00 per 8 week session			Gym
Pickleball All Levels	Wed	12:30 PM	03:00 PM	Apr 27	Jun 15	--				Gym
Pickleball All Levels	Fri	12:30 PM	03:00 PM	Apr 29	Jun 17	May 20				Community: \$105.00 per 8 week session

## SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday		--	FREE	FREE	--	MPR
Mahjongg-Advanced	Wed	1:00 PM	3:00 PM	Advance Play Every Wednesday		--	FREE	FREE	--	MPR
Mahjongg-Beginner	Fri	10:00 AM	12:00 PM	Beginner Play Every Friday		--	FREE	FREE	--	MPR
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month		--	FREE	FREE	--	MPR
Crafty Ladies	Tue	9:30AM	11:00AM	2nd & 4th Tuesday of the month		--	FREE	FREE	--	MPR
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday		--	FREE	FREE	--	Social Lounge