



# SP22 GROUP PROGRAMS

SPRING 2022 | Apr 25 - Jun 19

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

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 Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 27	Jun 15	--	FREE	\$39.50	Sarah G.	SB Virtual
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Megan S.	ND Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 29	Jun 17	--	FREE	\$39.50	Christine M.	SB 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

## 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.	INST	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](http://www.doorcountyyymca.org).

## PERSONAL TRAINING | VIRTUAL OPTIONS ARE ALSO AVAILABLE

PACKAGE OPTIONS	MEMBER	COMM.	INST	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	Apr 28	May 19		\$15.75	\$31.00	Sara O.	Board Room
<del>Meditation Guided</del>	<del>Wed</del>	<del>12:00 PM</del>	<del>12:45 PM</del>	<del>Apr 27</del>	<del>Jun 15</del>		<del>\$31.50</del>	<del>\$62.00</del>	<del>Sara O.</del>	<del>Board Room</del>
Pilates	Wed	8:00 AM	8:45 AM	Apr 27	Jun 15		\$31.50	\$62.00	Tonya F.	MPR A/B
Pilates	Wed	8:00 AM	8:45 AM	Apr 27	Jun 15		\$31.50	\$62.00	Tonya F.	SB Virtual
Pilates	Fri	8:35 AM	9:20 AM	Apr 29	Jun 17		\$31.50	\$62.00	Tonya F.	Gym Ctr
Tai Chi Movement	Tue	5:45 PM	6:45 PM	Apr 26	Jun 14	May 3	\$31.50	\$62.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Apr 25	Jun 13	May 30	\$31.50	\$62.00	Dwight Z.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 27	Jun 15		\$31.50	\$62.00	Suzanne H.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 27	Jun 15		\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:45 AM	11:00 AM	Apr 28	Jun 16		\$31.50	\$62.00	Dwight Z.	Board Room
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 25	Jun 13	May 30	\$31.50	\$62.00	Suzanne H.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 25	Jun 13	May 30	\$31.50	\$62.00	Suzanne H.	SB Virtual
Yoga-Int.	Wed	5:15 PM	6:15 PM	Apr 27	Jun 15		\$31.50	\$62.00	Alyssa D.	Board Room
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Apr 25	Jun 13	May 30	\$31.50	\$62.00	Prem L.	Board Room

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Wed	5:15 AM	5:50 AM	Apr 27	Jun 15		\$14.00	\$56.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 AM	5:50 AM	Apr 25	Jun 13	May 30	\$22.50	\$56.00	Laurie T.	MPR A/B
Cycle	Tue	8:15 AM	9:15 AM	Apr 26	Jun 14		\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Tue	5:15 PM	5:45 PM	Apr 26	Jun 14		\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Thu	6:00 PM	6:30 PM	Apr 28	Jun 16		\$22.50	\$56.00	Jen L.	MPR A/B
Cycle	Fri	5:15 AM	5:50 AM	Apr 29	Jun 17		\$22.50	\$56.00	Laurie T.	MPR A/B
Dance Jam	Mon	5:00 PM	5:45 PM	May 2	Jun 13	May 30	\$14.00	\$56.00	Jane B.	MPR B
Fit for Life	M/W/F	6:15 AM	7:00 AM	Apr 25	Jun 17	May 30	FREE	\$96.00	Alyssa D./ Ellen K./ April M.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Apr 25	Jun 13	May 30	FREE	\$39.50	Mary Claire M.	Gym A/B

## CARDIO

Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 26	Jun 14		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 26	Jun 14		FREE	\$39.50	Mary Claire M.	SB Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Apr 27	Jun 15		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Apr 28	Jun 16		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Apr 29	Jun 17		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Apr 25	Jun 13	May 30	\$14.00	\$56.00	Shane B./ Joe B.	Gym A/B
H.I.I.T.	Thu	5:20 PM	5:50 PM	Apr 28	Jun 16		\$14.00	\$56.00	Jen L.	MPR A/B
Step	Mon	8:15 AM	9:15 AM	Apr 25	Jun 13	May 30	FREE	\$39.50	Sarah G.	MPR A
Step	Fri	8:15 AM	9:15 AM	Apr 29	Jun 17		FREE	\$39.50	Linda W.	MPR A/B

## STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Essentrics	Tue	9:00 AM	9:45 AM	Apr 26	May 24		\$8.50	\$35.00	Micaela I.	MPR B
Flex Power	Tue	5:15 AM	6:00 AM	Apr 26	Jun 14		\$14.00	\$56.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 AM	6:00 AM	Apr 28	Jun 16		\$14.00	\$56.00	Laurie T.	MPR A/B
Kettlebell	Mon	9:15 AM	10:15 AM	Apr 25	Jun 13	May 30	\$22.50	\$56.00	TBD	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Apr 27	Jun 15		\$22.50	\$56.00	TBD	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Apr 27	Jun 15		\$14.00	\$56.00	Sarah G.	MPR A
RIP	Wed	5:15 PM	6:15pm	Apr 27	Jun 15		\$14.00	\$56.00	Jen L	MPR A/B
RIP	Fri	9:30 AM	10:30 AM	Apr 29	Jun 17		\$14.00	\$56.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 AM	8:25 AM	Apr 25	Jun 13	May 30	\$14.00	\$39.50	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Apr 28	Jun 16		\$14.00	\$39.50	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Apr 28	Jun 16		\$14.00	\$39.50	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 AM	8:25 AM	Apr 29	Jun 17		\$14.00	\$39.50	Mary Claire M.	Gym Ctr.
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 25	Jun 13	May 30	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 26	Jun 14		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 27	Jun 15		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 27	Jun 15		FREE	\$39.50	Sarah G.	SB Virtual
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 28	Jun 16		FREE	\$39.50	Christine M.	Gym A/B

## STRENGTH/CONDITIONING

Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 29	Jun 17		<b>FREE</b>	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 29	Jun 17		<b>FREE</b>	\$39.50	Christine M.	SB Virtual

## WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Apr 25	Jun 6	May 30	<b>FREE</b>	\$39.50	Debbie B./ Nicole S.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Apr 26	Jun 7		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Apr 27	Jun 8		<b>FREE</b>	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Apr 28	Jun 9		<b>FREE</b>	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Apr 29	Jun 10		<b>FREE</b>	\$39.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Apr 25	Jun 8	May 30	\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Apr 26	Jun 7		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Apr 27	Jun 8		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Apr 28	Jun 9		\$14.00	\$56.00	Patty B.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Apr 29	Jun 10		\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Apr 25	Jun 6	May 30	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Apr 26	Jun 7		<b>FREE</b>	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Apr 27	Jun 8		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Apr 28	Jun 9		<b>FREE</b>	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Apr 29	Jun 10		<b>FREE</b>	\$39.50	Ann E.	Rec Pool

## SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<del>Adult Swimming Lessons</del>	<del>Wed</del>	<del>06:00 PM</del>	<del>06:45 PM</del>	<del>Apr 27</del>	<del>Jun 8</del>	<del>—</del>	<del>\$31.00</del>	<del>\$62.00</del>	<del>TBA</del>	<del>Comp-Pool</del>
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Apr 25	Jun 8	May 30	\$14.00	\$28.00	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Diabetes Prevention Program	Tue	Please contact Tonya/Tess at the Y							Tonya F./ Tess J.	SB Virtual
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Apr 26	Jun 16		\$14.00	\$28.00	Christine M./DCMC	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 26	Jun 14		<b>FREE</b>	\$39.50	Christine M.	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 26	Jun 14		<b>FREE</b>	\$39.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 28	Jun 16		<b>FREE</b>	\$39.50	Christine M.	MPR A/B
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:30 PM	Please contact Christine at the Y.			<b>FREE</b>	<b>FREE</b>	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 25	Jun 13	May 30	<b>FREE</b>	\$39.50	Christine M.	SB Virtual
M.IN.D.				Please Contact Christine at the Y.			<b>FREE</b>	<b>FREE</b>	Christine M/DCMC	MPR A/B
Moving for Better Balance	M/W	10:15 AM	11:15 AM	In session			\$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 Christine at the Y.			<b>FREE</b>	<b>FREE</b>	Christine M.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Apr 25	Jun 6	May 30	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Apr 26	Jun 7		<b>FREE</b>	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Apr 27	Jun 8		<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Apr 28	Jun 9		<b>FREE</b>	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Apr 29	Jun 10		<b>FREE</b>	\$39.50	Ann E.	Rec Pool

## ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pickleball 101 (Pre-Registration Required)	Every other Sat.	7:00 AM	8:00 AM	Apr 30	Jun 18		FREE	FREE	Bonnie R	Gym A/B
Pickleball All Levels	Mon	1:30 PM	3:15 PM	Apr 25	Jun 13	May 30	Members: \$5.00 per 8 week session  Community: \$105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	11:30 AM	3:30 PM	Apr 26	Jun 14					Gym A/B
Pickleball All Levels	Thu	11:45 AM	2:00 PM	Apr 28	Jun 16					Gym A/B
Pickleball All Levels	Fri	2:00 PM	4:00 PM	Apr 29	Jun 17					Gym A/B
Pickleball Beginner (one net)	Sat	7:00 AM	8:45 AM	Apr 30	Jun 18					Gym A/B
Pickleball All Levels	Sun	7:00 AM	9:00 AM	May 1	Jun 19					Gym A/B
Underwater Hockey	Fri	5:15 PM	6:15 PM	Apr 29	Jun 10		\$53.00 for 8wk session; \$15.00 per day	\$15 per day		Comp Pool