



Class Descriptions

Northern Door Program Center

3866 Gibraltar Rd
Fish Creek, WI 54212
(920) 868.3660

After School Art and STEM - Grades K-5 - This program will teach kids design, creativity, and personal expression. We will work on a variety of art and STEM projects each week that are both educational and fun!

Aqualite - • Ages 13+ A great water aerobics class for seniors or those just getting back into exercise. You do not need to know how to swim to enjoy this class.

Aquatic Knee & Hip Joint - • Ages 13+ For those with Impending joint replacement or those who have had this surgery. The water provides cushion and support while reducing the impact of your joints, allowing you to do more than you would on land. In both shallow & deep water.

BodyPump™ - • Ages 13+ BodyPump™ by Les Mills is a cutting edge strength-training workout choreographed to great music. Participants will burn over 400+ calories per class using low weights and high reps to fatigue all of the major muscle groups.

Cardio & More - •Ages 13+ Experience a variety of cardio exercises and more! Floor work included.

Core & More - • Ages 13+ A well rounded class to strengthen and tone your core muscles! Floor work included.

Cycle - • Ages 13+ This stationary cycling class is a great workout for all fitness levels. The instructor takes the class on an inspirational ride using music and cues to mirror a road ride experience.

Flex Power - • Ages 13+ Flex power is a strength training class using a barbell and various other pieces of equipment. You determine your level of fitness. Stretch and abdominal work included.

Kiddie Kinetics - Ages 2-3 This highly interactive class creates the perfect atmosphere to get youngsters moving under the sounds of music. Jumping, running, tumbling and rolling is all fair game. All we ask from you is to bring plenty of your child's unused energy.

KinderSports - • Ages 3 to 5 This class will look to improve the basic motor skills for kids ages 3-5 using different sports. Kids will learn the basic skills for various sports using fun activities and music.

Knee & Hip Joint - • Ages 13+ Is a new joint in your future? Have a new joint and want to sustain your gains? This is a collaborative program between Door County Medical Center and the YMCA.

Mahjongg - Advanced/Continuing Players - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

Mahjongg - Beginning Players - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

Pickleball - All Levels - Three courts will be set up during this time; one for beginner's play, one for intermediate play and one for advanced play. Doubles play; 30 minute limit for each court.

Sheepshead - All ages Sheepshead or Sheephead is a trick-taking card game related to the Skat family of games. It is the Americanized version of a card game that originated in Central Europe in the late 18th century under the German name Schafkopf. Free to all.

Silver and Fit Experience - Ages 13+ Designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

Silver Sneakers Classic - • Ages 13+ Sturgeon Bay; • Ages 50+ Northern Door A chair-based exercise program with a focus on muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball are used.

Step - • Ages 13+ Step classes are a great way to add aerobic conditioning to your workout, stepping up and down on a platform of varied heights or adding power moves to challenge yourself, work at your own pace with this fun, high-energy class!

TONE™ - Ages 13+ An optimal mix of strength, cardio and core training featuring a challenging mix of lunges, squats, functional training and tubing exercises that will help you take your fitness to the next level. Options available for all fitness levels.

Twinges & Hinges - • Ages 13+ For individuals with arthritis and other related conditions. Improve strength, endurance and flexibility while helping manage the pain of arthritis. You do not need to know how to swim to enjoy class.

Yoga - Beginner & Intermediate - • Ages 13+ Hatha Yoga, a mind-body exercise class that develops balance, strength, and flexibility and well-being. Varied levels offered.

Youth Baseball - Grades 3-5 - Please contact the Youth Director for additional information.

Youth Baseball - Grades K-2 - Please contact the Youth Director for additional information.