



SU22 GROUP PROGRAMS

SUMMER 2022 | June 20 - August 28

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

RV 6.30.2022

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	Jun 21	Aug 23	--	FREE	\$49.50	Mary Claire M.	SB Virtual	
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 21	Aug 23	--	FREE	\$49.50	Christine M.	SB Virtual	
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Christine M.	SB Virtual	
Pilates	Wed	8:00 AM	8:45 AM	Jun 22	Aug 24	--	\$39.50	\$79.00	Tonya F.	SB Virtual	
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 23	Aug 25	--	\$17.00	\$70.00	Mary Claire M.	SB Virtual	
Silver Sneaker Classic	Wed	9:15 AM	10:00 AM	Jun 22	Aug 24	--	FREE	\$49.50	Sarah G.	SB Virtual	
Silver Sneaker Classic	Fri	9:15 AM	10:00 AM	Jun 25	Aug 27	--	FREE	\$49.50	Christine M.	SB Virtual	
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jun 24	Aug 31		FREE	\$55.50	Trish	ND Virtual	
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 22	Aug 24	--	\$39.50	\$79.00	Suzanne H.	SB Virtual	

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Chair Yoga	Tue	10:15 AM	11:00 AM	Jun 21	Aug 30		\$43.50	\$87.00	Mynn	Studio C
Raise the Barre	Fri	7:00 AM	7:45 AM	Jun 24	Sep 2		\$43.50	\$87.00	Amy I	Studio C
Yoga Beginner/Intermediate	Mon	9:00 AM	10:00 AM	Jun 20	Aug 29		\$43.50	\$87.00	Mae	Studio C
Yoga Beginner/Intermediate	Thu	9:00 AM	10:00 AM	Jun 23	Sep 1		\$43.50	\$87.00	Liz	Studio C
Yoga Beginner/Intermediate	Wed	9:00 AM	10:00 AM	Jun 22	Aug 31		\$43.50	\$87.00	Mae	Studio C
Yoga Beginner/Intermediate	Tue	9:00 AM	10:00 AM	Jun 21	Aug 30		\$43.50	\$87.00	Liz	Studio C



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CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Owen	Studio A
Core & More	Tue	9:15 AM	10:00 AM	Jun 21	Aug 30		\$19.00	\$77.00	Stephanie	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Jun 24	Sep 2		\$19.00	\$77.00	Owen	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Jun 22	Aug 29		\$31.00	\$77.00	Catherine	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Jun 22	Aug 31		\$31.00	\$77.00	Katie	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Jun 24	Sep 2		\$31.00	\$77.00	Sverre	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jun 21	Aug 30		\$31.00	\$77.00	Deanna	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jun 23	Sep 1		\$31.00	\$77.00	Stephan	Studio B
Ultimate Fit	Thu	7:00 AM	7:30 AM	Jun 23	Sep 1		\$31.00	\$77.00	Janet	Outside
Step	Mon	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$55.50	Lesley	Studio A
Dance Jam	Fri	9:00 AM	10:00 AM	Jun 24	Sep 2		\$31.00	\$77.00	Doug C	Outside

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Jun 21	Aug 30		\$31.00	\$77.00	Stephanie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Jun 30	Sep 1		\$31.00	\$77.00	Amy J	Gym
BodyPump™	Mon	6:15 AM	7:15 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Chris	Gym
BodyPump™	Fri	6:15 AM	7:15 AM	Jun 24	Sep 2		\$31.00	\$77.00	Chris	Gym
BodyPump™	Wed	8:15 AM	9:15 AM	Jun 22	Aug 31		\$31.00	\$77.00	Amie	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Jun 24	Sep 2		\$31.00	\$77.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Jun 25	Sep 3	--	\$31.00	\$77.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Jun 22	Aug 31		\$19.00	\$77.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Jun 24	Sep 2		FREE	\$55.50	Megan	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$55.50	Kay	Gym
Silver Sneakers	Tue	9:15 AM	10:00 AM	Jun 21	Aug 30		FREE	\$55.50	Mynn	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Jun 23	Sep 1		FREE	\$55.50	Trish	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Jun 23	Sep 1		FREE	\$55.50	Trish	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	Jun 21	Aug 30		FREE	\$55.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Jun 23	Aug 31		FREE	\$55.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Jun 22	Aug 31		\$19.00	\$77.00	Mary G	Pool
Aquatic Knee Hip & Joint	M/W	12:15 PM	1:00 PM	Jun 20	Aug 31	Jul 4	\$19.00	\$77.00	Bill W.	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Jun 20	Aug 29	Jul 4	\$19.00	\$77.00	Bill W.	Pool
Senior Stretch & Tone	Wed	11:15 AM	12:00 PM	Jun 22	Aug 31		\$19.00	\$77.00	Bill W.	Pool
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Jun 23	Sep 1		FREE	\$55.50	Bonnie	Pool

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aquatic Knee & Hip Joint	M/W	11:15 AM	12:00 PM	Jul 11	Aug 31	Jul 4	\$15.50	\$63.00	Bill W	Pool
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Jun 21	Sep 1		\$19.50	\$38.00	Amy J/ DCMC	Gym
Moving For Better Balance Alumni	Mon	12:30 PM	1:00 PM	Jun 20	Aug 29	Jul 4	\$11.75	\$38.00	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	3:00 PM	Jun 20	Aug 29	Jul 4	Members: \$5.00 per 8 week session			Gym
Pickleball All Levels	Wed	12:30 PM	3:00 PM	Jun 22	Aug 31	--				Gym
Pickleball All Levels	Fri	12:30 PM	3:00 PM	Jun 24	Sep 2	--				Community: \$105.00 per 8 week session

OFFSITE FITNESS CLASSES

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	Drop-In Fee	LOC
Yoga	Wed	8:00 AM	9:00 AM	Jun 22	Aug 31	--	\$45.00	\$87.00	\$10 Drop In	Sister Bay Beach
Cardio & More	Thu	9:15 AM	10:00 AM	Jun 23	Sep 1	--	\$45.00	\$87.00	Sister Bay Residents receive Member pricing	Sister Bay Pavillion



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Yoga	Mon	8:15 AM	9:15 AM	Jun 20	Aug 29	Jul 4	\$45.00	\$87.00	\$10 Drop In, Ephraim Residents receive Member Pricing	Anderson Dock
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SOCIAL ENGAGEMENT

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