



SU22 GROUP PROGRAMS

SUMMER 2022 | June 20 - August 28

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

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 Sneakers 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

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.

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	Wed	9:00 AM	10:00 AM	Jun 22	Jul 13		\$16.00	\$32.00	Sara O.	Board Room
Meditation Beg./ Guided	Wed	9:00 AM	10:00 AM	Jun 22	Aug 10		\$31.50	\$63.00	Sara O.	Board Room
Meditation-Guided	Wed	9:00 AM	10:00 AM	Jul 20	Aug 10		\$16.00	\$32.00	Sara O.	Board Room
Pilates	Wed	8:00 AM	8:45 AM	Jun 22	Aug 24		\$39.50	\$79.00	Tonya F.	MPR B
Pilates	Wed	8:00 AM	8:45 AM	Jun 22	Aug 24		\$39.50	\$79.00	Tonya F.	SB Virtual
Pilates	Fri	8:35 AM	9:20 AM	Jun 24	Aug 26		\$39.50	\$79.00	Tonya F.	Gym Ctr
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 23	Jul 28		\$24.00	\$42.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 20	Aug 22	Jul 4	\$39.50	\$79.00	Dwight Z.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 22	Aug 24		\$39.50	\$79.00	Suzanne H.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 22	Aug 24		\$39.50	\$79.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 23	Aug 25		\$39.50	\$79.00	Dwight Z.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Will return in fall					Suzanne H.	MPR B
Yoga-Int.	Mon	8:00 AM	9:00 AM	Jun 20	Jul 18	Jul 4	\$20.00	\$40.00	Alyssa D.	Board/ TTX
Yoga-Swasthya	Tue	7:00 AM	8:15 AM	Jun 20	Aug 22	Jul 4	\$39.50	\$79.00	Prem L./ Dwight Z.	Board/ TTX

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Wed	5:15 AM	5:50 AM	Jun 22	Aug 24		\$17.00	\$70.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 AM	5:50 AM	Jun 20	Aug 22	Jul 4	\$28.00	\$70.00	Laurie T.	MPR A/B- Outside
Cycle	Tue	8:15 AM	9:15 AM	Jun 21	Aug 23		\$28.00	\$70.00	Sarah G.	MPR A/B- Outside
Cycle	Tue	5:15 PM	5:45 PM	Jun 21	Aug 23		\$28.00	\$70.00	Sarah G.	MPR A/B- Outside
Cycle	Fri	5:15 AM	5:50 AM	Jun 24	Aug 26		\$28.00	\$70.00	Laurie T.	MPR A/B- Outside
Dance Fit	Mon	5:00 PM	5:45 PM	Will return in Fall					Jane B.	MPR B
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 20	Aug 26	Jul 4	FREE	\$119.50	Alyssa D./ Ellen K./ April M.	Gym A/B

Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 21	Aug 23		FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 21	Aug 23		FREE	\$49.50	Mary Claire M.	SB Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 22	Aug 24		FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jun 23	Aug 25		FREE	\$49.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 24	Aug 26		FREE	\$49.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 20	Aug 22	Jul 4	\$17.00	\$70.00	Shane B./ Joe B.	Gym A/B
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jul 14	Aug 25		\$12.00	\$49.00	Jen L.	MPR A
Step	Mon	8:00 AM	9:00 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Sarah G.	MPR A
Step	Fri	8:00 AM	9:00 AM	Jul 1	Aug 26	Jun 24	FREE	\$49.50	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	Will return in Fall					Micaela I.	MPR B
Flex Power	Tue	5:15 AM	6:00 AM	Jun 21	Aug 23		\$17.00	\$70.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 AM	6:00 AM	Jun 23	Aug 25		\$17.00	\$70.00	Laurie T.	MPR A/B
Kettlebell	Will return in Fall									
RIP	Wed	9:00 AM	10:00 AM	Jun 22	Aug 24		\$17.00	\$70.00	Sarah G.	MPR A
RIP	Wed	5:15 PM	6:15 PM	Jul 13	Aug 24		\$12.00	\$49.00	Jen L.	MPR A/B
RIP	Fri	9:30 AM	10:30 AM	Jul 1	Aug 26	Jun 24	\$17.00	\$70.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 AM	8:25 AM	Jun 20	Aug 22	Jul 4	\$17.00	\$70.00	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 23	Aug 25		\$17.00	\$70.00	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 23	Aug 25		\$17.00	\$70.00	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 AM	8:25 AM	Jun 24	Aug 26		\$17.00	\$70.00	Mary Claire M.	Gym Ctr.
Silver Sneakers Classic	Mon	9:15 AM	10:00 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 21	Aug 22		FREE	\$49.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	9:15 AM	10:00 AM	Jun 22	Aug 24		FREE	\$49.50	Christine M.	Gym A/B
Silver Sneakers Classic	Wed	9:15 AM	10:00 AM	Jun 22	Aug 24		FREE	\$49.50	Christine M.	SB Virtual
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 23	Aug 25		FREE	\$49.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 24	Aug 26		FREE	\$49.50	Christine M.	Gym A/B

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Nicole S.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Jun 21	Aug 23		FREE	\$49.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Jun 22	Aug 24		FREE	\$49.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Jun 23	Aug 25		FREE	\$49.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Apr 29	Jun 10		FREE	\$49.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jun 20	Aug 24	Jul 4	\$17.50	\$34.50	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jun 21	Aug 23		\$17.00	\$70.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jun 22	Aug 24		\$17.00	\$70.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jun 23	Aug 25		\$17.00	\$70.00	Nicole S.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jun 24	Aug 26		\$17.00	\$70.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 21	Aug 23		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 22	Aug 24		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 23	Aug 25		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 24	Aug 26		FREE	\$49.50	Ann E.	Rec Pool

SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Jun 20	Aug 24	Jul 4	\$17.50	\$34.50	Mary Claire M./ Sarah G./ DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 21	Aug 25		\$17.50	\$34.50	Christine M./DCMC	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 21	Aug 23		FREE	\$49.50	Christine M.	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 21	Aug 23		FREE	\$49.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 23	Aug 25		FREE	\$49.50	Christine M.	MPR A/B

LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	In session			FREE	FREE	Christine M.	MPR A
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
M.IN.D.				Please Contact Christine at the Y.			FREE	FREE	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.			FREE	FREE	Christine M.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 21	Aug 23		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 22	Aug 24		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 23	Aug 25		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 24	Aug 26		FREE	\$49.50	Ann E.	Rec Pool
Weight Loss Class	*keep your eyes out for our new weight loss program coming soon!!								Tess J./Tonya F.	

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	Jun 25	Aug 13		FREE	FREE	Bonnie R	Gym A/B
Pickleball All Levels	Mon	1:30 PM	3:15 PM	Jun 20	Aug 8	Jul 4	Members:\$5.00 per 8 week			Gym A/B
Pickleball All Levels	Tue	11:30 AM	3:30 PM	Jun 21	Aug 9					Gym A/B
Pickleball All Levels	Thu	11:45 AM	2:00 PM	Jun 23	Aug 11					Gym A/B
Pickleball All Levels	Fri	2:00 PM	4:00 PM	Jun 24	Aug 12					Gym A/B
Pickleball Beginner (one net)	Sat	7:00 AM	8:45 AM	Jun 25	Aug 13					Gym A/B
Pickleball All Levels	Sun	7:00 AM	9:00 AM	Jun 26	Aug 28					Gym A/B
Underwater Hockey	Thu	5:15 PM	6:15 PM	Jun 23	Aug 25	\$53.00 for 10wk session; \$15.00 per day		\$53.00 for 10wk session; \$15.00 per day	\$15 per day	Kendall B