



# F122GROUP PROGRAMS

Fall 1 2022 | Sept 6–Oct 30

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

**RV 9.7.2022**

## 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
Healthy Choice	Tue	9:00 AM	10:00 AM	Sep 6	Oct 18	Sep 6 Oct 25	FREE	\$39.50	Mary Claire M.	SB Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 6	Oct 18	Oct 25	FREE	\$39.50	Christine M.	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sep 12	Oct 24		FREE	\$39.50	Christine M.	SB Virtual
Pilates	Wed	8:00 AM	8:45 AM	Sep 7	Oct 26		\$31.50	\$63.00	Tonya F.	SB Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Sep 8	Oct 27		\$14.00	\$56.00	Mary Claire M.	SB Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sep 9	Oct 28		FREE	\$39.50	Christine M.	SB Virtual
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sep 8	Oct 27		FREE	\$39.50	Trish	ND Virtual
Step	Wed	5:30 PM	6:00 PM	Sep 7	Oct 26		FREE	\$39.50	Jana	ND Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sep 7	Oct 26		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sep 12	Oct 24		\$31.50	\$63.00	Suzanne H.	SB Virtual

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Chair Yoga	Tue	10:30 AM	11:30 AM	Sep 6	Oct 25		\$31.50	\$63.00	Mynn	Studio C
Restorative Yoga	Mon	9:00AM	10:00AM	Sep 12	Oct 24	Sep 5	\$31.50	\$63.00	Mae	Studio C
Yoga Beginner/Intermediate	Thu	9:00AM	10:00AM	Sep 8	Oct 27		\$31.50	\$63.00	Liz	Studio C
Yoga Beginner/Intermediate	Wed	9:00 AM	10:00 AM	Sep 7	Oct 26		\$31.50	\$63.00	Mae	Studio C
Yoga Beginner/Intermediate	Tue	9:00 AM	10:00 AM	Sep 6	Oct 25		\$31.50	\$63.00	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	Sep 12	Oct 24	Sep 5	\$14.00	\$56.00	Owen	Studio A
Cardio & More	Sat	10:00 AM	11:00am	Sep 10	Oct 29		\$14.00	\$56.00	Owen	Studio A
Core & More	Tue	9:15 AM	10:00 AM	Sep 6	Oct 25		\$14.00	\$56.00	Stephanie	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Sep 9	Oct 28		\$14.00	\$56.00	Owen	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Sep 12	Oct 24	Sep 5	\$22.50	\$56.00	Sverre	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Sep 7	Oct 26		\$22.50	\$56.00	Catherine	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Sep 9	Oct 28		\$22.50	\$56.00	Katie	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Sep 6	Oct 25		\$22.50	\$56.00	Deanna	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Sep 8	Oct 27		\$22.50	\$56.00	Stephan	Studio B
Step	Mon	8:00 AM	9:00 AM	Sep 12	Oct 24	Sep 5	FREE	\$39.50	Lesley	Studio A
Step	Wed	05:30 PM	06:00 PM	Sep 7	Oct 26		FREE	\$39.50	Jana	Studio A
Step	Wed	05:30 PM	06:00 PM	Sep 7	Oct 26		FREE	\$39.50	Jana	ND Virtual

## STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Sep 12	Oct 24		\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Sep 6	Oct 25		\$22.50	\$56.00	Stephanie	Gym
BodyPump™	Tue	04:30 PM	05:30 PM	Sep 6	Oct 25		\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Sep 7	Oct 26		\$22.50	\$56.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Sep 8	Oct 27		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Sep 9	Oct 28		\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Sep 10	Oct 29		\$22.50	\$56.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Sep 12	Oct 24	Sep 5	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Sep 7	Oct 26		\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Sep 9	Oct 28		FREE	\$39.50	Megan	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Sep 12	Oct 24	Sep 5	FREE	\$39.50	Kay	Gym
Silver Sneakers	Tue	9:30 AM	10:15 AM	Sep 6	Oct 25		FREE	\$39.50	Mynn	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Sep 8	Oct 27		FREE	\$39.50	Trish	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Sep 8	Oct 27		FREE	\$39.50	Trish	ND Virtual

## WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Sep 6	Oct 25		FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Sep 8	Oct 27		FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Sep 12	Oct 24	Sep 5	\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Sep 7	Oct 26		\$14.00	\$56.00	Mary G	Pool
Aquatic Knee Hip & Joint	M/W	12:15 PM	01:00 PM	Sep 7	Oct 26		\$14.00	\$28.00	Bill W.	Pool



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Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sep 12	Oct 24	Sep 5	\$ 14.00	\$56.00	Bill W.	Pool
Senior Stretch & Tone	Wed	11:15 AM	12:00 PM	Sep 7	Oct 26		\$ 14.00	\$56.00	Bill W.	Pool
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Sep 8	Oct 27		<b>FREE</b>	\$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	Sep 7	Oct 26	Sep 5	\$ 14.00	\$28.00	Bill W	Pool
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Sep 6	Oct 27		\$ 14.00	\$28.00	Amy J/ DCMC	Gym
Moving For Better Balance Alumni	Mon	12:30 PM	01:00 PM	Sep 12	Oct 24	Sep 5	\$8.50	\$24.00	Megan	Studio A

## PERSONAL TRAINING | VIRTUAL OPTIONS ARE ALSO AVAILABLE

	MEMBER	COMM.	INST	LOC
15-minute consultation (One time, for members only)	<b>FREE</b>			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

## 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	Sep 7	Oct 24		<b>Members: \$5.00 per 8 week session</b>			Gym
Pickleball All Levels	Wed	12:30 PM	03:00 PM	Sep 7	Oct 26					Gym
Pickleball All Levels	Fri	12:30 PM	03:00 PM	Sep 9	Oct 28			<b>Community: \$105.00 per 8 week session</b>		Gym

## SOCIAL ENGAGEMENT

CLASS	DAY	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpos Room
Mahjonn-Advanced	Wed	1:00 PM	3:00 PM	Advance Play Every Wednesday	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpos Room
Mahjonn-Beginner	Fri	10:30 AM	12:00 PM	Beginner Play Every Friday	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpos Room
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpos Room



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Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpose Room
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday	--	<b>FREE</b>	<b>FREE</b>	--	Multipurpose Room