



F122 GROUP FITNESS

Fall 1 2022 | Sept 6 - Oct 30

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

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 26		FREE	\$39.50	Trish	ND Virtual
Step	Wed	05:30 PM	06:00 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

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

Coming Soon...

Y's New Weight-loss Program

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	10:00 AM	11:00 AM	Oct 5	Oct 26		\$16.00	\$32.00	Sara O.	Board Room
Meditation-Guided	Wed	9:00 AM	9:45 AM	Sep 7	Oct 26	Sep 14- Sep 21	\$24.00	\$48.00	Sara O.	Board Room
Pilates	Wed	8:00 AM	8:45 AM	Sep 7	Oct 26		\$31.50	\$63.00	Tonya F.	MPR B
Pilates	Wed	8:00 AM	8:45 AM	Sep 7	Oct 26		\$31.50	\$63.00	Tonya F.	SB Virtual
Pilates	Fri	8:35 AM	9:20 AM	Sep 9	Oct 28	Sep 23	\$31.50	\$63.00	Tonya F.	Gym Ctr
Tai Chi Movement	Thu	05:45 PM	06:45 PM	Oct 6	Oct 27		\$16.00	\$32.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Sep 12	Oct 24		\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sep 7	Oct 26		\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sep 7	Oct 26		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Sep 8	Oct 27		\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sep 12	Oct 24		\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sep 12	Oct 24		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Hatha	Tue	05:45 PM	06:45 PM	Sep 6	Oct 25	Sep 20	\$31.50	\$63.00	Priscilla F.	MPR A
Yoga-Swasthya	Mon	04:00 PM	05:15 PM	Sep 12	Oct 25		\$31.50	\$63.00	Prem L.	Board

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio/Core & More	Wed	5:15 AM	5:50 AM	Sep 7	Oct 26		\$14.00	\$56.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 AM	5:50 AM	Sep 12	Oct 24		\$22.50	\$56.00	Laurie T.	MPR A/B-Outside
Cycle	Tue	8:00 AM	9:00 AM	Sep 6	Oct 18	Oct 25	\$22.50	\$56.00	Sarah G.	MPR A/Outside
Cycle	Tue	05:15 PM	05:45 PM	Sep 6	Oct 25		\$22.50	\$56.00	Sarah G.	MPR A/Outside
Cycle	Thu	06:00 PM	06:30 PM	Sep 8	Oct 27		\$22.50	\$56.00	Jen L.	MPR A
Cycle	Fri	5:15 AM	5:50 AM	Sep 9	Oct 28		\$22.50	\$56.00	Laurie T.	MPR A/B-Outside
Dance Fit	Mon	05:00 PM	05:45 PM	Sep 19	Oct 24		\$10.50	\$42.00	Jane B.	MPR B
Fit for Life	M/W/F	6:15 AM	7:00 AM	Sep 7	Oct 28		FREE	\$39.50	Ellen K./April M.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Sep 12	Oct 24		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Sep 6	Oct 18	Sep 13, Oct 25	FREE	\$39.50	Mary Claire M.	Gym A/B

Healthy Choice	Tue	9:00 AM	10:00 AM	Sep 6	Oct 18	Sep 13, Oct 25	FREE	\$39.50	Mary Claire M.	SB Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Sep 7	Oct 26		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Sep 8	Oct 27		FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Sep 9	Oct 28		FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	05:30 PM	06:00 PM	Sep 12	Oct 24		\$14.00	\$56.00	Shane B./ Joe B.	Gym A/B
H.I.I.T.	Thu	05:15 PM	05:45 PM	Sep 8	Oct 27		\$14.00	\$56.00	Jen L.	MPR A
Step	Mon	8:00 AM	9:00 AM	Sep 12	Oct 24		FREE	\$39.50	Sarah G.	MPR A
Step	Fri	8:00 AM	9:00 AM	Sep 9	Oct 28	Oct 21	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	Sep 6	Oct 18	Oct 25	\$14.00	\$56.00	Micaela I.	MPR B
Flex Power	Tue	5:15 AM	6:00 AM	Sep 6	Oct 25		\$14.00	\$56.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 AM	6:00 AM	Sep 8	Oct 27		\$14.00	\$56.00	Laurie T.	MPR A/B
Kettlebell	Mon	9:15 AM	10:15 AM	Sep 12	Oct 24		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Sep 7	Oct 26		\$22.50	\$56.00	Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Sep 7	Oct 26		\$14.00	\$56.00	Sarah G.	MPR A
RIP	Wed	05:15 PM	06:15 PM	Sep 7	Oct 26		\$14.00	\$56.00	Jen L.	MPR A/B
RIP	Fri	9:30 AM	10:30 AM	Sep 9	Oct 28	Oct 21	\$14.00	\$56.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 AM	8:25 AM	Sep 12	Oct 24		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Sep 8	Oct 27		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Sep 8	Oct 27		\$14.00	\$56.00	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 AM	8:25 AM	Sep 9	Oct 28		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Sep 12	Oct 24		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sep 6	Oct 18	Oct 25	FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sep 7	Oct 26		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sep 8	Oct 27		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sep 9	Oct 28		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sep 9	Oct 28		FREE	\$39.50	Christine M.	Virtual

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Sep 12	Oct 24		FREE	\$39.50	Nicole S.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Sep 6	Oct 25		FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Sep 7	Oct 26		FREE	\$39.50	Dora L.	Comp Pool

Aqualite	Thu	8:45 AM	9:30 AM	Sep 8	Oct 27		FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Sep 9	Oct 28		FREE	\$39.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Sep 7	Oct 26		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Sep 6	Oct 25		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Sep 7	Oct 26		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Sep 8	Oct 27		\$14.00	\$56.00	Nicole S.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Sep 9	Oct 28		\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Sep 12	Oct 24		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Sep 6	Oct 25		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Sep 7	Oct 26		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Sep 8	Oct 27		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 9	Oct 28		FREE	\$39.50	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	Sep 7	Oct 26		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sep 6	Oct 27	Oct 25	\$14.00	\$28.00	Christine M./DCMC	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 6	Oct 18	Oct 25	FREE	\$39.50	Christine M.	MPR A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 6	Oct 18	Oct 25	FREE	\$39.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Sep 8	Oct 27		FREE	\$39.50	Christine M.	MPR A/B
LIVESTRONG® at the YMCA	T/Th	01:00 PM	02:15 PM	For more inform. Contact Christine at the Y			FREE	FREE	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sep 12	Oct 24		FREE	FREE	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sep 12	Oct 24		FREE	\$39.50	Christine M.	SB Virtual
M.IN.D.	Mon	01:00 PM	03:00 PM	Oct 10	Nov 14		FREE	FREE	Christine M./DCMC	MPR A/B
Moving for Better Balance	M/W	10:15 AM	11:15 AM	Sep 7	Dec 7		\$65.00	\$85.00	Sarah G./Christine M.	MPR B

Parkinson's Exercise	T/Th	02:15 PM	03:15 PM	Monthly			\$45.00	\$75.00	Christine M./DCMC	MPR A
Stepping On	Wed	01:00 PM	03:00 PM	Sep 28	Nov 9		FREE	FREE	Christine M.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Sep 12	Oct 24		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Sep 6	Oct 25		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Sep 7	Oct 26		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Sep 8	Oct 27		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Sep 9	Oct 28		FREE	\$39.50	Ann E.	Rec Pool

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Adult Swim Lessons	Wed	05:45 PM	06:30 PM	Sep 7	Oct 19	--	\$31.00	\$62.00	TBA	Rec/ Comp Pool
Pickleball 101 (Pre-Registration Required)	Every other Sat.	7:00 AM	8:00 AM	Sep 17	Oct 29		FREE	FREE	Bonnie R	Gym A/B
Pickleball All Levels	Mon	01:30 PM	03:15 PM	Sep 12	Oct 24		Members:\$5.00 per 8 week session Community:\$105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	11:30 AM	03:30 PM	Sep 13	Oct 25					Gym A/B
Pickleball All Levels	Thu	11:45 AM	02:00 PM	Sep 15	Oct 27					Gym A/B
Pickleball All Levels	Fri	02:00 PM	04:00 PM	Sep 16	Oct 28					Gym A/B
Pickleball Beginner (one net)	Sat	7:00 AM	8:45 AM	Sep 17	Oct 29					Gym A/B
Pickleball All Levels	Sun	7:00 AM	9:00 AM	Sep 18	Oct 30					Gym A/B
Underwater Hockey	Fri	05:45 PM	06:45 PM	Sep 9	Oct 28	--	\$53.00 for 8wk session; \$15.00 per day	\$15 per day	Kendall B	Comp Pool