



F222 GROUP FITNESS

Fall 2 2022 | Oct 31-Dec 23

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

RV 11.11.2022

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	Nov 1	Dec 20		FREE	\$39.50	Mary Claire M.	SB Virtual
Land Arthritis	Tue	10:30 am	11:15 am	Nov 1	Dec 20		FREE	\$39.50	Christine M.	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Oct 31	Dec 19		FREE	\$39.50	Christine M.	SB Virtual
Pilates	Wed	8:00 am	8:45 am	Nov 2	Dec 21		\$31.50	\$63.00	Tonya F.	SB Virtual
Senior Strength	Thu	8:50 am	9:25 am	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Mary Claire M.	SB Virtual
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Nov 4	Dec 23	Nov 25	FREE	\$39.50	Christine M.	SB Virtual
Silver Sneakers Classic	Thu	10:15 am	11:00 am	Nov 3	Dec 22		FREE	\$39.50	Trish	ND Virtual
Step	Wed	5:30 pm	6:00 pm	Nov 2	Dec 21		FREE	\$39.50	Jana	ND Virtual
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Nov 2	Dec 21		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Chair	Mon	10:15 am	11:15 am	Oct 31	Dec 19		\$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 Guided	Wed	9:00 am	9:45 am	Nov 2	Dec 21	Nov 23	\$16.00	\$32.00	Sara O.	Board Room
Train the Brain	Wed	10:00 am	11:00 am	Nov 2	Dec 21	Nov 23	\$16.00	\$32.00	Sara O.	Board Room
Pilates	Wed	8:00 am	8:45 am	Nov 2	Dec 21		\$31.50	\$63.00	Tonya F.	MPR B
Pilates	Wed	8:00 am	8:45 am	Nov 2	Dec 21		\$31.50	\$63.00	Tonya F.	SB Virtual
Pilates	Fri	8:35 am	9:20 am	Nov 4	Dec 23	Nov 25	\$31.50	\$63.00	Tonya F.	Gym Ctr
Raise the Barre	Mon	9:15 am	10:00 am	Oct 31	Dec 19		\$31.50	\$63.00	Amber N.	MPR A
Tai Chi Movement	Thu	5:45 pm	6:45 pm	Nov 3	Dec 22	Nov 24	\$31.50	\$63.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 am	10:00 am	Oct 31	Dec 19		\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Nov 2	Dec 21		\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Beg/Int.	Wed	9:00 am	10:15 am	Nov 2	Dec 21		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:00 am	10:15 am	Nov 3	Dec 22	Nov 24	\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Chair	Mon	10:15 am	11:15 am	Oct 31	Dec 19		\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Chair	Mon	10:15 am	11:15 am	Oct 31	Dec 19		\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Hatha	Tue	5:15 pm	6:15 pm	Nov 1	Dec 20		\$31.50	\$63.00	Priscilla F.	Board
Yoga-Swasthya	Mon	4:00 pm	5:15 pm	Oct 31	Dec 19		\$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	Nov 2	Dec 21		\$14.00	\$56.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 am	5:50 am	Oct 31	Dec 19		\$22.50	\$56.00	Laurie T.	Mpr A/B
Cycle	Tue	8:00 am	9:00 am	Nov 1	Dec 20		\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Tue	5:15 pm	5:45 pm	Nov 1	Dec 20		\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Thu	6:00 pm	6:30 pm	Nov 3	Dec 22	Nov 24	\$22.50	\$56.00	Jen L.	MPR A
Cycle	Fri	5:15 am	5:50 am	Nov 4	Dec 23	Nov 25	\$22.50	\$56.00	Laurie T.	MPR A/B
Dance Fit	Mon	5:00 pm	5:45 pm	Oct 31	Dec 19	Nov 14	\$14.00	\$56.00	Jane B.	MPR B
Fit for Life	M/W/F	6:15 am	7:00 am	Oct 31	Dec 23	Nov 25	FREE	\$96.00	Ellen K./ April M./ Jon S.	Gym A/B
Healthy Choice	Mon	8:00 am	9:00 am	Oct 31	Dec 19		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Nov 1	Dec 20		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 am	10:00 am	Nov 1	Dec 20		FREE	\$39.50	Mary Claire M.	SB Virtual

Healthy Choice	Wed	8:00 am	9:00 am	Nov 2	Dec 21		FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 am	10:00 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 am	9:00 am	Nov 4	Dec 23	Nov 25	FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 pm	6:00 pm	Oct 31	Dec 19		\$14.00	\$56.00	Shane B./ Joe B.	Gym A/B
H.I.I.T.	Thu	5:15 pm	5:45 pm	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Jen L.	MPR A
Step	Mon	8:00 am	9:00 am	Oct 31	Dec 19		FREE	\$39.50	Sarah G.	MPR A
Step	Fri	8:00 am	9:00 am	Nov 4	Dec 23	Nov 25	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	Nov 1	Dec 20		\$14.00	\$56.00	Micaela I.	MPR B
Flex Power	Tue	5:15 am	6:00 am	Nov 1	Dec 20		\$14.00	\$56.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 am	6:00 am	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Laurie T.	MPR A/B
Kettlebell	Mon	9:15 am	10:15 am	Oct 31	Dec 19		\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 am	10:15 am	Nov 2	Dec 21		\$22.50	\$56.00	Mike M.	Gym A/B
Raise The Barre	Mon	9:15 am	10:00 am	Oct 31	Dec 19		\$31.50	\$63.00	Amber N.	MRP A
RIP	Wed	9:00 am	10:00 am	Nov 2	Dec 21		\$14.00	\$56.00	Sarah G.	MPR A
RIP	Wed	5:15 pm	6:15 pm	Nov 2	Dec 21		\$14.00	\$56.00	Jen L.	MPR A/B
RIP	Fri	9:30 am	10:30 am	Nov 4	Dec 23	Nov 25	\$14.00	\$56.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 am	8:25 am	Oct 31	Dec 19		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 am	9:25 am	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 am	8:25 am	Nov 4	Dec 23	Nov 25	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Silver Sneakers Classic	Mon	10:30 am	11:15 am	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Tue	8:00 am	8:45 am	Nov 1	Dec 20		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 am	11:15 am	Nov 2	Dec 21		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 am	8:45 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Nov 4	Dec 23	Nov 25	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 am	10:00 am	Nov 4	Dec 23	Nov 25	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	Oct 31	Dec 19		FREE	\$39.50	Nicole S.	Comp Pool
Aqualite	Tue	8:45 am	9:30 am	Nov 1	Dec 20		FREE	\$39.50	Mary Y.	Comp Pool

Aqualite	Wed	8:45 am	9:30 am	Nov 2	Dec 21		FREE	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 am	9:30 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 am	9:30 am	Nov 4	Dec 23	Nov 25	FREE	\$39.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 am	12:15 pm	Oct 31	Dec 21		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Over Your Head	Tue	7:45 am	8:30 am	Nov 1	Dec 20		\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 am	6:15 am	Nov 2	Dec 21		\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 am	8:30 am	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Nicole S.	Comp Pool
Over Your Head	Fri	5:30 am	6:15 am	Nov 4	Dec 23	Nov 25	\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 am	10:15 am	Oct 31	Dec 19		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Nov 1	Dec 20		FREE	\$39.50		Rec Pool
Twinges	Wed	9:30 am	10:15 am	Nov 2	Dec 21		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50		Rec Pool
Twinges	Fri	9:30 am	10:15 am	Nov 4	Dec 23	Nov 25	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	Oct 31	Dec 21		\$14.00	\$28.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 am	12:30 pm	Nov 1	Dec 22	Nov 24	\$14.00	\$28.00	Christine M./DCMC	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Nov 1	Dec 20		FREE	\$39.50	Christine M.	MPR A/B
Land Arthritis	Tue	10:30 am	11:15 am	Nov 1	Dec 20		FREE	\$39.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 am	11:15 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Christine M.	MPR A/B
LIVESTRONG® at the YMCA	T/Th	1:00 pm	2:15 pm	Call Christine at the Y for more information			FREE	FREE	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Oct 31	Dec 19		FREE	FREE	Christine M.	MPR A
LIVESTRONG® at the YMCA Alumni	Mon	11:30 am	12:00 pm	Oct 31	Dec 19		FREE	\$39.50	Christine M.	SB Virtual
M.IN.D.	Mon	1:00 pm	3:00 pm	Call Christine at the Y for more information			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	Wed	1:00 pm	3:00 pm	January			FREE	FREE	Christine M.	ADRC
Twinges	Mon	9:30 am	10:15 am	Oct 31	Dec 19		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 am	9:15 am	Nov 1	Dec 20		FREE	\$39.50		Rec Pool
Twinges	Wed	9:30 am	10:15 am	Nov 2	Dec 21		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 am	9:15 am	Nov 3	Dec 22	Nov 24	FREE	\$39.50		Rec Pool
Twinges	Fri	9:30 am	10:15 am	Nov 4	Dec 23	Nov 25	FREE	\$39.50	Ann E.	Rec Pool

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	Nov 5	Dec 17		FREE	FREE	Bonnie R	Gym A/B
Pickleball All Levels	Mon	1:30 pm	3:15 pm	Oct 31	Dec 19		Members:\$5.00 per 8 week session Community:\$105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	11:30 am	3:30 pm	Nov 1	Dec 20					Gym A/B
Pickleball All Levels	Thu	11:45 am	2:00 pm	Nov 3	Dec 22					Gym A/B
Pickleball All Levels	Fri	2:00 pm	4:00 pm	Nov 4	Dec 23					Gym A/B
Pickleball Beginner (one net)	Sat	7:00 am	8:45 am	Nov 5	Dec 17					Gym A/B
Pickleball All Levels	Sun	7:00 am	9:00 am	Nov 6	Dec 18					Gym A/B
Adult Swimming Lessons	Wed	05:45 pm	06:30 pm	Nov 2	Dec 14		\$31.00	\$62.00	TBA	Comp Pool
Underwater Hockey	Fri	5:45 pm	6:45 pm	Nov 4	Dec 23	Dec 2	\$32.00 for 7wk session; \$7 per day	\$15 per day	Kendall B	Comp Pool
Underwater Hockey	Sun	12:00 pm	2:00 pm	Nov 6	Dec 18	--	\$42.00 for 7wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool
Adult Volleyball League	Mon	6:00 pm	8:00 pm	Nov 7	Mar 20		\$225 per team, additional \$35 per non-YMCA member		Paul	Gym A/B