



Class Descriptions Northern Door Program Center

3866 Gibraltar Rd
Fish Creek, WI 54212
(920) 868.3660

Aqualite - • Ages 13+ A great water aerobics class for seniors or those just getting back into exercise. You do not need to know how to swim to enjoy this class.

BodyPump™ - • Ages 13+ BodyPump™ by Les Mills is a cutting edge strength-training workout choreographed to great music. Participants will burn over 400+ calories per class using low weights and high reps to fatigue all of the major muscle groups.

Cardio & More - •Ages 13+ Experience a variety of cardio exercises and more! Floor work included.

Core & More - • Ages 13+ A well rounded class to strengthen and tone your core muscles! Floor work included.

Cycle - • Ages 13+ This stationary cycling class is a great workout for all fitness levels. The instructor takes the class on an inspirational ride using music and cues to mirror a road ride experience.

DCY Swim Team - Ages 6 to 18

Dolphin Club/Swim Lessons - • Ages 5+ Sturgeon Bay • Ages 6+ Northern Door For swimmers interested in competitive swimming, but not ready for the Swim Team. Swimmers will see what it's like to be on the team and will see great stroke improvement and improved physical fitness.

Flex Power - • Ages 13+ Flex power is a strength training class using a barbell and various other pieces of equipment. You determine your level of fitness. Stretch and abdominal work included.

Knee & Hip Joint - • Ages 13+ Is a new joint in your future? Have a new joint and want to sustain your gains? This is a collaborative program between Door County Medical Center and the YMCA.

Mahjongg - Advanced/Continuing Players - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

Mahjongg - Beginning Players - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

Paddleboard (SUP) Yoga - Increase core strength & stability when using a paddleboard to perform fitness & yoga movements. Recommended for those with advanced skills. The extra element of balancing on your board will bring your workout to another level.

Pickleball - All Levels - Three courts will be set up during this time; one for beginner's play, one for intermediate play and one for advanced play. Doubles play; 30 minute limit for each court.

Pickleball - Beginners Only - Ages 13+ Specific beginners-only open play encourages those new to the sport and learning the option to improve their skills and confidence with other players of similar ability.

Pilaqua - • Ages 13+ Take your Pilates moves to the pool and enjoy this entry-level fitness class that focuses on your core muscles. We will add some challenging Yoga poses and Tai' Chi moves at the end of class. Must be comfortable in the water.

Sheepshead - All ages Sheepshead or Sheephead is a trick-taking card game related to the Skat family of games. It is the Americanized version of a card game that originated in Central Europe in the late 18th century under the German name Schafkopf. Free to all.

Silver and Fit Experience - Ages 13+ Designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

Silver Sneakers Classic - • Ages 13+ Sturgeon Bay; • Ages 50+ Northern Door A chair-based exercise program with a focus on muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball are used.

Step - • Ages 13+ Step classes are a great way to add aerobic conditioning to your workout, stepping up and down on a platform of varied heights or adding power moves to challenge yourself, work at your own pace with this fun, high-energy class!

Tone & Flow - Check back for a class description.

Twinges & Hinges - • Ages 13+ For individuals with arthritis and other related conditions. Improve strength, endurance and flexibility while helping manage the pain of arthritis. You do not need to know how to swim to enjoy class.

Yoga - Beginner & Intermediate - • Ages 13+ Hatha Yoga, a mind-body exercise class that develops balance, strength, and flexibility and well-being. Varied levels offered.

Yoga - Chair - • Ages 13+ This is a chair-based class. Using guided meditation, students will improve their flexibility, strength and balance as they develop stronger back and abdominal muscles.

Yoga - Restorative - Gentle and suitable for all levels. Remaining seated or lying down, we activate our parasympathetic nervous system and move the body through postures that link the body with breath, release tension, increase flexibility and cultivate a calm presence.

Youth Dance - Ballet/Jazz 1 - An introduction to ballet and jazz concepts through fun exercises and occasional dance games. Dance vocabulary and etiquette will be taught. Focusing on body movement, control, rhythm, musicality and memorization are also key concepts.



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Youth Dance - Ballet/Jazz 2 - For continuing students with a focus on ballet and jazz foundations, as well as an introduction to other styles of dance including contemporary, modern, hip-hop, lyrical and musical theater. Strength and flexibility concepts will be incorporated.

Youth Dance - Creative Movement - The essential foundation of all dance forms. Learn the basics of ballet, body movement, rhythm and memorization. Class activities will draw individual child's response to rhythm, music and imagery. Music, games and stories are also included.

Youth Sports - Indoor Soccer (Grades 3-5) - Learn the skills of the game while focusing on good sportsmanship, competition and playing with others their age. Skill development and semi-competitive game play is included where the emphasis is on having fun in a supportive environment.

Youth Sports - Indoor Soccer (Grades K-2) - Learn the skills of the game while focusing on good sportsmanship, competition and playing with others their age. Skill development and semi-competitive game play is included where the emphasis is on having fun in a supportive environment.