



Class Descriptions Sturgeon Bay Program Center

1900 Michigan Street
Sturgeon Bay, WI 54235
(920) 743-4949

Healthy Choice - Ages 13+; Fun, easy to follow aerobic, muscle, endurance and conditioning class for all levels.

Land Arthritis - • Ages 13+ This class is developed by the Arthritis Foundation, designed to help keep joints flexible and muscles strong. You'll have less pain and more confidence in your ability to continue activities.

Livestrong Alumni - • Ages 13+ Livestrong is a powerful program for those who are affected by cancer. Please refer to the Sturgeon Bay fitness section of the program guide for additional information.

Meditation Guided - Take a journey that explores the basics of a mindfulness meditative practice. Those who meditate on a regular basis experience greater levels of concentration, self-awareness, happiness, cognition, cardiovascular and immune health.

Raise the Barre - -Ages 13+ Stretching, core work and yoga with careful instructions given for the level that you are at. The focus is to become stronger, have more balance strength and coordination.

Rotary Interact - • Grades 9 - 12 The Door County Rotary Interact Club prides itself on volunteering at various events during the year. The experience gained helps develop strong leadership skills and respect for others, while fostering the responsibility of giving.

Senior Strength - • Ages 50+ It's never too late to start weight training. The instructor will help you focus on muscular strength, balance and increased mobility. A great program for those ages 50 and older.

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.

Tai Chi Movement - • Ages 13+ These movements have their origins in the martial arts, but are performed slowly, softly and gracefully with smooth and even transitions between them. All levels are welcome to this meditative exercise that fosters a calm, tranquil mind.

Train the Brain - Train the Brain...to be less reactive to others and world circumstances. Train the Brain...learn emotional self regulation. Train the Brain...reduce stress and high blood pressure. Train the Brain...increase focus. through learning the basics of meditation.

Workout With Gerrit - • By Invitation For advanced gymnasts who are on the Strivers Team; participation is by invitation only.

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.

Youth in Government - • Grades 7 through 12 The purpose of this program is to bring the workings of state government alive to students. It creates an opportunity for students to discuss current state issues with state administrators, elected officials and other students.