



W123 GROUP FITNESS

Winter 1 2023 • January 2 - February 26

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

VIRTUAL GROUP FITNESS CLASSES

REGISTRATION IS REQUIRED FOR ALL 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	Jan 3	Feb 21	--	FREE	\$39.50	Mary Claire M.	SB Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 3	Feb 21	--	FREE	\$39.50	Christine M.	SB Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 2	Feb 20	--	FREE	\$39.50	Christine M.	SB Virtual
Pilates	Wed	8:00 AM	8:45 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Tonya F.	SB Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Jan 5	Feb 23	--	\$14.00	\$56.00	Mary Claire M.	SB Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 6	Feb 24	--	FREE	\$39.50	Christine M.	SB Virtual
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jan 5	Feb 23	--	FREE	\$39.50	Trish	ND Virtual
Step	Wed	5:45 PM	6:15 PM	Jan 4	Feb 22	--	FREE	\$39.50	Jana	ND Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Suzanne H.	SB Virtual

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Yoga - Chair	Tue	10:15 AM	11:00 AM	Jan 3	Feb 21	--	\$31.50	\$63.00	Mae	Studio C
Restorative Yoga	Mon	9:00 AM	10:00 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Mae	Studio C
Restorative Yoga	Wed	9:00 AM	10:00 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Mae	Studio C
Yoga Beginner/Int.	Thu	9:00 AM	10:00 AM	Jan 5	Feb 23	--	\$31.50	\$63.00	Liz	Studio C
Yoga Beginner/Int.	Tue	9:00 AM	10:00 AM	Jan 3	Feb 21	--	\$31.50	\$63.00	Liz	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Jan 9	Feb 20	--	\$14.00	\$56.00	Owen	Studio A
Core & More	Tue	9:15 AM	10:00 AM	Jan 3	Feb 21	--	\$14.00	\$56.00	Stephanie	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Jan 6	Feb 24	--	\$14.00	\$56.00	Owen	Studio A
Cycle	Fri	8:00 AM	8:45 AM	Jan 6	Feb 24	--	\$22.50	\$56.00	Katie	Studio B
Cycle	Wed	8:15 AM	8:45 AM	Jan 12	Feb 23	--	\$20.00	\$56.00	Katie	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jan 3	Feb 21	--	\$22.50	\$56.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jan 5	Feb 23	--	\$22.50	\$56.00	Stephan	Studio B
Tone & Flow	Thu	8:15 AM	9:15 AM	Jan 5	Feb 23	--	\$22.50	\$56.00	Amie	Studio A
Step	Mon	8:00 AM	9:00 AM	Jan 2	Feb 20	--	FREE	\$39.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Jan 4	Feb 22	--	FREE	\$39.50	Jana	Studio A
Step	Wed	5:45 PM	6:15 PM	Jan 4	Feb 22	--	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	Jan 2	Feb 20	--	\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Jan 3	Feb 21	--	\$22.50	\$56.00	Stephanie	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Jan 3	Feb 21	--	\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Jan 4	Feb 22	--	\$22.50	\$56.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Jan 5	Feb 23	--	\$22.50	\$56.00	Amy J	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Jan 6	Feb 24	--	\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Jan 7	Feb 25	--	\$22.50	\$56.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Jan 2	Feb 20	--	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Jan 4	Feb 22	--	\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Jan 6	Feb 24	--	FREE	\$39.50	Mae	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Jan 2	Feb 20	--	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Jan 5	Feb 23	--	FREE	\$39.50	Trish	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Jan 5	Feb 23	--	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	Jan 3	Feb 21	--	FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Jan 5	Feb 23	--	FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Jan 2	Feb 20	--	\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Jan 4	Feb 22	--	\$14.00	\$56.00	Mary G	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Jan 2	Feb 20	--	\$14.00	\$56.00	Bill W.	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Jan 6	Feb 24	--	\$14.00	\$56.00	Bill W.	Pool
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Jan 5	Feb 23	--	FREE	\$39.50	Bonnie	Pool
Paddleboard Yoga	Thu	5:30 PM	6:15 PM	Jan 5	Feb 23	--	\$48.00	\$96.00	Amy J	Pool

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Jan 3	Feb 23	--	\$14.00	\$28.00	Amy J/DCMC	Gym

PERSONAL TRAINING

VIRTUAL OPTIONS ARE ALSO AVAILABLE

15-minute consultation (One time, for members only)							FREE			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	3:00 PM	Jan 2	Feb 20	--	Members: \$5.00 per 8 week session Community: \$105.00 per 8 week session			Gym
Pickleball All Levels	Wed	12:30 PM	3:00 PM	Jan 4	Feb 22	--		Gym		
Pickleball All Levels	Fri	12:30 PM	3:00 PM	Jan 6	Feb 24	--		Gym		
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Jan 2	Feb 20	--		Gym		

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	FREE	FREE	--	Multipurpose Room
Mahjongg-Advanced	Wed	1:00 PM	3:00 PM	Advance Play Every Wednesday	--	FREE	FREE	--	Social Lounge
Mahjongg-Beginner	Fri	10:30 AM	12:00 PM	Beginner Play Every Friday	--	FREE	FREE	--	Social Lounge
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month	--	FREE	FREE	--	Multipurpose Room
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month	--	FREE	FREE	--	Multipurpose Room
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday	--	FREE	FREE	--	Social Lounge