



# W123 GROUP FITNESS

Winter 1 2023 • January 2 - February 26

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

## 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	--	<del>\$31.50</del>	<del>\$63.00</del>	Amber N.	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

## 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

## 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	Jan 4	Feb 8	--	\$24.00	\$48.00	Sara O.	Board-Room
Train the Brain	Wed	10:00 AM	11:00 AM	Jan 4	Feb 8	--	\$24.00	\$48.00	Sara O.	Board-Room
Pilates	Wed	8:00 AM	8:45 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Amber N.	MPR B
Pilates	Wed	8:00 AM	8:45 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Amber N.	SB Virtual
Pilates	Fri	8:35 AM	9:20 AM	Jan 6	Feb 24	--	\$31.50	\$63.00	Tonya F.	Gym Ctr
Raise the Barre	Mon	9:15 AM	10:00 AM	Jan 2	Feb 20	Jan 9	\$31.50	\$63.00	Amber N.	MPR A
Raise the Barre	Tue	6:00 PM	6:45 PM	Jan 3	Feb 21	Jan 10	\$31.50	\$63.00	Amber N.	MPR A
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jan 5	Feb 23	--	\$31.50	\$63.00	Chris E.	MPR B
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 4	Feb 22	--	\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jan 5	Feb 23	--	\$31.50	\$63.00	Dwight Z.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Suzanne H.	MPR B
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Suzanne H.	SB Virtual
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Jan 3	Jan 31	--	\$20.00	\$40.00	Priscilla F.	Board
Yoga-Swasthya	Mon	4:00 PM	5:15 PM	Jan 2	Feb 20	--	\$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	Jan 4	Feb 22	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Cycle	Mon	5:15 AM	5:50 AM	Jan 2	Feb 20	--	\$22.50	\$56.00	Laurie T.	MPR A/B
Cycle	Tue	8:00 AM	9:00 AM	Jan 3	Feb 21	--	\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Tue	5:15 PM	5:45 PM	Jan 3	Feb 21	--	\$22.50	\$56.00	Sarah G.	MPR A
Cycle	Thu	8:00 AM	9:00 AM	Jan 5	Feb 23	--	\$22.50	\$56.00	Heidi B.	MPR A
Cycle	Thu	6:00 PM	6:30 PM	Jan 5	Feb 23	--	\$22.50	\$56.00	Joe B.	MPR A
Cycle	Fri	5:15 AM	5:50 AM	Jan 6	Feb 24	--	\$22.50	\$56.00	Laurie T.	MPR A/B
Dance Fit	Mon	5:00 PM	5:45 PM	Jan 2	Jan 30	--	\$8.50	\$35.00	Jane B.	MPR A
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jan 2	Feb 24	--	FREE	\$96.00	Ellen K./Jon S.	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Jan 2	Feb 20	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 3	Feb 21	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 3	Feb 21	--	FREE	\$39.50	Mary Claire M.	SB Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Jan 4	Feb 22	--	FREE	\$39.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jan 5	Feb 23	--	FREE	\$39.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jan 6	Feb 24	--	FREE	\$39.50	Sarah G.	Gym A/B
H.I.I.T.	Mon	5:30 PM	6:00 PM	Jan 2	Feb 20	--	\$14.00	\$56.00	Joe B.	Gym A/B
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jan 5	Feb 23	--	\$14.00	\$56.00	Joe B.	MPR A
Step	Mon	8:00 AM	9:00 AM	Jan 2	Feb 20	--	FREE	\$39.50	Sarah G.	MPR A
Step	Fri	8:00 AM	9:00 AM	Jan 6	Feb 24	--	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	Jan 10	Feb 21	--	\$14.00	\$56.00	Micaela I.	MPR B
Flex Power	Tue	5:15 AM	6:00 AM	Jan 3	Feb 21	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Flex Power	Thu	5:15 AM	6:00 AM	Jan 5	Feb 23	--	\$14.00	\$56.00	Laurie T.	MPR A/B
Kettlebell	Mon	9:15 AM	10:15 AM	Jan 2	Feb 20	--	\$22.50	\$56.00	Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Jan 4	Feb 22	--	\$22.50	\$56.00	Mike M.	Gym A/B
Raise The Barre	Mon	9:15 AM	10:00 AM	Jan 2	Feb 20	--	\$31.50	\$63.00	Amber N.	MPR A
Raise the Barre	Tue	6:00 PM	6:45 PM	Jan 3	Feb 21	Jan 10	\$31.50	\$63.00	Amber N.	MPR A
RIP	Wed	9:00 AM	10:00 AM	Jan 4	Feb 22	--	\$14.00	\$56.00	Sarah G.	MPR A
RIP	Wed	5:15 PM	6:15 PM	Jan 4	Feb 22	--	\$14.00	\$56.00	Jen L	MPR A/B
RIP	Fri	9:30 AM	10:30 AM	Jan 6	Feb 24	--	\$14.00	\$56.00	Sarah G.	MPR A/B
Senior Strength	Mon	7:50 AM	8:25 AM	Jan 2	Feb 20	--	\$14.00	\$56.00	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jan 5	Feb 23	--	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jan 5	Feb 23	--	\$14.00	\$56.00	Mary Claire M.	SB Virtual
Senior Strength	Fri	7:50 AM	8:25 AM	Jan 6	Feb 24	--	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Jan 2	Feb 20	--	FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jan 3	Feb 21	--	FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Jan 4	Feb 22	--	FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jan 5	Feb 23	--	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 6	Feb 24	--	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 6	Feb 24	--	FREE	\$39.50	Christine M.	SB Virtual

### WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Jan 2	Feb 20	--	FREE	\$39.50	Nicole S.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Jan 3	Feb 21	--	FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Jan 4	Feb 22	--	FREE	\$39.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Jan 5	Feb 23	--	FREE	\$39.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Jan 6	Feb 24	--	FREE	\$39.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jan 2	Feb 22	--	\$14.00	\$28.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jan 3	Feb 21	--	\$14.00	\$56.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jan 4	Feb 22	--	\$14.00	\$56.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jan 5	Feb 23	--	\$14.00	\$56.00	Nicole S.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jan 6	Feb 24	--	\$14.00	\$56.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Jan 2	Feb 20	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jan 3	Feb 21	--	FREE	\$39.50	Claire M.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jan 4	Feb 22	--	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jan 5	Feb 23	--	FREE	\$39.50	Sarah G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jan 6	Feb 24	--	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	Jan 2	Feb 22	--	\$14.00	\$28.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jan 3	Feb 23	--	\$14.00	\$28.00	Christine M. /DCMC	GYM A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 3	Feb 21	--	<b>FREE</b>	\$39.50	Christine M.	GYM A/B
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 3	Feb 21	--	<b>FREE</b>	\$39.50	Christine M.	SB Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Jan 5	Feb 23	--	<b>FREE</b>	\$39.50	Christine M.	GYM A/B
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Not in session		--	<b>FREE</b>	<b>FREE</b>	Christine M.	
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 2	Feb 20	--	<b>FREE</b>	<b>FREE</b>	Christine M.	Board Rm
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 2	Feb 20	--	<b>FREE</b>	\$39.50	Christine M.	SB Virtual
M.IN.D.	Mon	1:00 PM	3:00 PM	Not in session		--	<b>FREE</b>	<b>FREE</b>	Christine M./DCMC	MPR A/B
Moving for Better Balance	Mon	10:30 AM	11:00 AM	Jan 2	Feb 20	--	\$14.00	\$28.00	Sarah G. /Christine M.	Board Rm
Parkinson's Exercise	T/Th	2:15 PM	3:15 PM	Monthly		--	\$45.00	\$75.00	Christine M. /DCMC	Board Rm/GYM C
Stepping On	Wed	1:00 PM	3:00 PM	Jan 25	Mar 8	--	<b>FREE</b>	<b>FREE</b>	Christine M. /Sarah G./April P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jan 2	Feb 20	--	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jan 3	Feb 21	--	<b>FREE</b>	\$39.50	Claire M.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jan 4	Feb 22	--	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jan 5	Feb 23	--	<b>FREE</b>	\$39.50	Sarah G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jan 6	Feb 24	--	<b>FREE</b>	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 29	Apr 18	Contact Tess at the Y for more information				Board Rm

### 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	Jan 7	Feb 25	Jan 14	<b>FREE</b>	<b>FREE</b>	Bonnie R	Gym A/B
Pickleball All Levels	Mon	1:30 PM	3:15 PM	Jan 2	Feb 20	--	Members:\$5.00 per 8 week session Community:\$105.00 per 8 week session			Gym A/B
Pickleball All Levels	Tue	12:45 PM	3:30 PM	Jan 3	Feb 21	--				Gym A/B
Pickleball All Levels	Thu	12:45 PM	2:30 PM	Jan 5	Feb 23	--				Gym A/B
Pickleball All Levels	Fri	2:00 PM	4:00 PM	Jan 6	Feb 24	--				Gym A/B
Pickleball Beginner	Sat	7:00 AM	8:45 AM	Jan 7	Feb 25	Jan 14				Gym A/B
Pickleball All Levels	Sun	7:00 AM	9:00 AM	Jan 8	Feb 26	--				Gym A/B
<del>Adult Swimming Lessons</del>	<del>Wed</del>	<del>5:45 PM</del>	<del>6:30 PM</del>	<del>Jan 4</del>	<del>Feb 15</del>	<del>--</del>	<del>\$31.00</del>	<del>\$62.00</del>	<del>TBA</del>	<del>Comp Pool</del>
Underwater Hockey	Fri	5:45 PM	6:45 PM	Jan 6	Feb 24	--	\$36.00 for 8wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool
Underwater Hockey	Sun	12:00 PM	2:00 PM	Jan 8	Feb 26	--	\$48.00 for 8wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool
Adult Volleyball League	Mon	6:00 PM	8:00 PM	Nov 14	Mar 20	--	\$225 per team, additional \$35 per non-YMCA member		Paul	Gym A/B