



# W223 GROUP FITNESS

Winter 2 2023 • February 27 - April 23

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	Feb 28	Apr 18	--	<b>FREE</b>	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 28	Apr 18	--	<b>FREE</b>	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 27	Apr 17	--	<b>FREE</b>	\$39.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Mar 1	Apr 19	--	\$31.50	\$63.00	Amber N.	Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Mar 2	Apr 20	--	\$14.00	\$56.00	Mary Claire M.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Mar 3	Apr 21	--	<b>FREE</b>	\$39.50	Christine M.	Virtual
Step	Mon	8:00 AM	9:00 AM	Feb 27	Apr 17	--	<b>FREE</b>	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Mar 1	Apr 19	--	\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 27	Apr 10	Apr 17	\$31.50	\$63.00	Suzanne H.	Virtual

**\*4 person minimum for a virtual class to run**

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Restorative Yoga	Mon	9:00 AM	10:00 AM	Feb 27	Apr 17	--	\$31.50	\$63.00	Mae	Studio C
Restorative Yoga	Wed	9:00 AM	10:00 AM	Mar 1	Apr 19	--	\$31.50	\$63.00	Mae	Studio C
Yoga-Beginner/Int.	Thu	9:00 AM	10:00 AM	Mar 2	Apr 20	--	\$31.50	\$63.00	Liz/Mae	Studio C

### CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Core & More	Tue	9:15 AM	10:00 AM	Feb 28	Apr 18	--	\$14.00	\$56.00	Stephanie	Studio A
Cycle	Fri	8:00 AM	8:45 AM	Mar 3	Apr 21	--	\$22.50	\$56.00	Katie	Studio B
Cycle	Mon	8:15 AM	8:45 AM	Feb 27	Apr 17	Mar 27	\$20.00	\$56.00	Katie	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Feb 28	Apr 18	--	\$22.50	\$56.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Mar 2	Apr 20	--	\$22.50	\$56.00	Stephan	Studio B
Tone & Flow	Thu	8:15 AM	9:15 AM	Mar 2	Apr 20	Apr 6	\$22.50	\$56.00	Amie	Studio A
Tone & Flow	Wed	5:15 PM	6:15 PM	Mar 1	Apr 19	Apr 5	\$22.50	\$56.00	Amie	Studio A
Step	Mon	8:00 AM	9:00 AM	Feb 27	Apr 17	--	FREE	\$39.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Mar 1	Apr 19	--	FREE	\$39.50	Jana	Studio A

### STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Feb 27	Apr 17	--	\$22.50	\$56.00	Heather	Gym
BodyPump™	Mon	5:15 PM	6:15 PM	Feb 27	Apr 17	Apr 3	\$22.50	\$56.00	Amie	Studio A
BodyPump™	Tue	8:00 AM	9:00 AM	Feb 28	Apr 18	--	\$22.50	\$56.00	Stephanie	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Feb 28	Apr 18	--	\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Mar 1	Apr 19	--	\$22.50	\$56.00	Amie	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Mar 3	Apr 21	Apr 7	\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Mar 4	Apr 22	--	\$22.50	\$56.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Feb 27	Apr 17	Mar 6 Mar 13	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Mar 1	Apr 19	Mar 8 Mar 15	\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Mar 3	Apr 20	--	FREE	\$39.50	Mae	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Feb 27	Apr 17	--	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Mar 2	Apr 20	--	FREE	\$39.50	Trish / Mae	Gym

### WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Feb 28	Apr 18	--	FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Mar 2	Apr 20	--	FREE	\$39.50	Mary G	Pool
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Mar 2	Apr 20	Mar 9 Mar 16	FREE	\$39.50	Bonnie	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	Feb 28	Apr 20	--	\$14.00	\$28.00	Mae /DCMC	Gym

## PERSONAL TRAINING

**VIRTUAL OPTIONS ARE ALSO AVAILABLE**

15-minute consultation (One time, for members only)	<b>FREE</b>	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	12:00 PM	3:00 PM	Feb 27	Apr 17	--	Members: \$5.00 per 8 week session  Community: \$105.00 per 8 week session			Gym
Pickleball All Levels	Tue	12:30 PM	3:00 PM	Feb 28	Apr 18	--				Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Mar 1	Apr 19	--				Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Mar 3	Apr 21	--				Gym
Pickleball All Levels	Sat	7:00 AM	8:30 AM	Mar 4	Apr 22	--				Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Feb 27	Apr 17	--				Gym
<b>Pickleball changes:</b> effective February 27, no pickleball is allowed during "Open Gymnasium" staffed hours outside of the above reserved times. One net is available for after-hours use by 24/7 members. Mobile app/website schedules take precedence over printed schedules should conflicts arise.										

## SOCIAL ENGAGEMENT

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