



SP23 GROUP FITNESS

Spring 2023 • April 24 - June 18

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	Apr 25	Jun 13		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 24	Jun 12	May 29	FREE	\$39.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	May 3	Jun 14		\$31.50	\$63.00	Amber N.	Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Apr 27	Jun 15		\$14.00	\$56.00	Mary Claire M.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 28	Jun 16		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Apr 24	Jun 12	May 29	FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 26	Jun 14		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 24	Jun 12	May 29	\$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	Apr 24	Jun 12	May 29	\$31.50	\$63.00	Mae	Studio C
Restorative Yoga	Wed	9:00 AM	10:00 AM	Apr 26	Jun 14		\$31.50	\$63.00	Mae	Studio C
Yoga Beginner/Int.	Tue	9:00 AM	10:00 AM	Apr 25	Jun 13		\$31.50	\$63.00	Liz	Studio C
Yoga Beginner/Int.	Thu	9:00 AM	10:00 AM	Apr 27	Jun 15	Jun 1	\$31.50	\$63.00	Liz	Studio C
Adult Dance/ The Art of Movement	Wed	5:00 PM	6:00 PM	May 3	Jun 14		\$31.50	\$63.00	Kelly	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Apr 24	Jun 12		\$14.00	\$56.00	Owen	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Apr 28	Jun 16		\$14.00	\$56.00	Owen	Studio A
Cycle	Fri	8:00 AM	8:45 AM	Apr 28	Jun 16		\$22.50	\$56.00	Katie	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Apr 26	Jun 14		\$22.50	\$56.00	Catherine	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Apr 25	Jun 13		\$22.50	\$56.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Apr 27	Jun 15		\$22.50	\$56.00	Stephan	Studio B
Tone & Flow	Tue	9:15 AM	10:15 AM	Apr 25	Jun 13		\$22.50	\$56.00	Amy J	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Apr 27	Jun 15	Jun 1	\$22.50	\$56.00	Amie	Studio A
Step	Mon	8:00 AM	9:00 AM	Apr 24	Jun 12		FREE	\$39.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Apr 26	Jun 14		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	Apr 24	Jun 12	May 29	\$22.50	\$56.00	Heather	Gym
BodyPump™	Mon	5:15 PM	6:15 PM	Apr 24	Jun 12	May 29	\$22.50	\$56.00	Amie	Studio A
BodyPump™	Tue	8:00 AM	9:00 AM	Apr 25	Jun 13		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Apr 25	Jun 13		\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Apr 26	Jun 14		\$22.50	\$56.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Apr 27	Jun 15	Jun 1	\$22.50	\$56.00	Amy J	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Apr 28	Jun 16		\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Apr 29	Jun 17		\$22.50	\$56.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Apr 24	Jun 12	May 29	\$14.00	\$56.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Apr 26	Jun 14		\$14.00	\$56.00	Bonnie	Studio A
Silver & Fit	Fri	10:15 AM	11:00 AM	Apr 28	Jun 16		FREE	\$39.50	Mae	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Apr 24	Jun 12	May 29	FREE	\$39.50	Kay	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Apr 27	Jun 15		FREE	\$39.50	Trish	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Apr 25	Jun 13		FREE	\$39.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Apr 27	Jun 15		FREE	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Apr 24	Jun 12	May 29	\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Apr 26	Jun 14		\$14.00	\$56.00	Mary G	Pool
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Apr 27	Jun 15		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	Apr 25	Jun 15	Jun 1	\$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	12:00 PM	3:00 PM	Apr 24	Jun 12	May 29	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	Apr 25	Jun 13	--				Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Apr 26	Jun 14	--				Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Apr 28	Jun 16	--				Gym
Pickleball All Levels	Sat	7:00 AM	8:30 AM	Apr 29	Jun 17	--				Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Apr 24	Jun 12	May 29				Gym

Pickleball changes: 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	--	FREE	FREE	--	Multipurpose Room
Mahjongg-Advanced	Thu	1:00 PM	3:00 PM	Advance Play Every Thursday	--	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