



## Class Descriptions

### Jackie and Steve Kane Center

3866 Gibraltar Rd  
Fish Creek, WI 54212  
(920) 868.3660

**Adult Dance - The Art of Movement** - Adult Dance is a Modern dance class that explores not only the basics of Modern Dance technique, but integrates improvisation and an organic ballet barre. Participants are encouraged to express their own creative voice through movement-making.

**Aqualite** - • Ages 13+ A great water aerobics class for seniors or those just getting back into exercise. You do not need to know how to swim to enjoy this class.

**BodyPump™** - • Ages 13+ BodyPump™ by Les Mills is a cutting edge strength-training workout choreographed to great music. Participants will burn over 400+ calories per class using low weights and high reps to fatigue all of the major muscle groups.

**Cardio & More** - • Ages 13+ Experience a variety of cardio exercises and more! Floor work included.

**Core & More** - • Ages 13+ A well rounded class to strengthen and tone your core muscles! Floor work included.

**Cycle** - • Ages 13+ This stationary cycling class is a great workout for all fitness levels. The instructor takes the class on an inspirational ride using music and cues to mirror a road ride experience.

**Dance Fit** - Total body workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility while boosting energy! This class will have movin' and groovin' and burning some serious calories.

**Flex Power** - • Ages 13+ Flex power is a strength training class using a barbell and various other pieces of equipment. You determine your level of fitness. Stretch and abdominal work included.

**Flex Power - Advanced** - Using a barbell and various pieces of equipment, this class combines the energy of group exercise and the benefits of strength training. A suitable class for most levels, participants will choose a higher weight to challenge themselves.

**Knee & Hip Joint** - • Ages 13+ Is a new joint in your future? Have a new joint and want to sustain your gains? This is a collaborative program between Door County Medical Center and the YMCA.

**Mahjongg - Advanced/Continuing Players** - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

**Mahjongg - Beginning Players** - Wednesdays are for advanced players who understand the basics and can play without utilizing reference sheets. Fridays are for beginners as the basics are covered and gameplay focuses on rules and strategy.

**Pilaqua** - • Ages 13+ Take your Pilates moves to the pool and enjoy this entry-level fitness class that focuses on your core muscles. We will add some challenging Yoga poses and Tai' Chi moves at the end of class. Must be comfortable in the water.

**Sheepshead** - All ages Sheepshead or Sheephead is a trick-taking card game related to the Skat family of games. It is the Americanized version of a card game that originated in Central Europe in the late 18th century under the German name Schafkopf. Free to all.

**Silver and Fit Experience** - Ages 13+ Designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help increase your heart health, muscular endurance and strength, flexibility, and balance.

**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.

**Step** - • Ages 13+ Step classes are a great way to add aerobic conditioning to your workout, stepping up and down on a platform of varied heights or adding power moves to challenge yourself, work at your own pace with this fun, high-energy class!

**Tabata Training** - Participants will kick their metabolic system into overdrive. By using the motion of stepping up and down you can vary the intensity of your workout by adjusting the platform height and by adding more power or propulsion moves.

**Technique Tune Up** - Have the opportunity to ask our trainer for some new ideas for your fitness routine or to have your lifting form critiqued

**Tone & Flow** - A multi-faceted workout combining strength, yoga, cardio and stretching elements - all wrapped into a one hour class.

**Twinges & Hinges** - • Ages 13+ For individuals with arthritis and other related conditions. Improve strength, endurance and flexibility while helping manage the pain of arthritis. You do not need to know how to swim to enjoy class.

**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.

**Yoga - Restorative** - Gentle and suitable for all levels. Remaining seated or lying down, we activate our parasympathetic nervous system and move the body through postures that link the body with breath, release tension, increase flexibility and cultivate a calm presence.