



SU23 GROUP FITNESS

Summer 2023 • June 19 - September 3

Jackie & Steve Kane 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	Jun 27	Aug 29		FREE	\$49.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 27	Aug 29	July 4	FREE	\$49.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 26	Aug 28		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Jun 28	Aug 30		\$39.50	\$79.00	Amber N.	Virtual
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 29	Aug 31		\$17.00	\$70.00	Mary Claire M.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 30	Sep 1		FREE	\$49.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jun 26	Aug 28		FREE	\$49.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 28	Aug 30		\$39.50	\$79.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jun 19	Aug 28		\$43.50	\$75.50	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
Chair Yoga	Tue	11:15 AM	12:00 PM	Jun 20	Aug 29	July 4	\$43.50	\$75.50	Mynn	Studio C
Restorative Yoga	Wed	9:00 AM	10:00 AM	Jun 21	Aug 30	Aug 2	\$43.50	\$75.50	Mae	Studio C
Yoga Beginner/Int.	Tue	9:00 AM	10:00 AM	Jun 20	Aug 29	July 4	\$43.50	\$75.50	Liz	Studio C
Yoga Beginner/Int.	Thu	9:00 AM	10:00 AM	Jun 22	Aug 31		\$43.50	\$75.50	Liz	Studio C
Adult Dance/- The Art of- Movement	Wed	5:00 PM	6:00 PM	Jun 21	Aug 30		\$43.50	\$75.50	Kelly	Studio C
Offsite Yoga	Mon	8:15 AM	9:15 AM	Jun 19	Aug 28	--	\$45.00	\$87.00	\$10 Drop In	Anderson Dock
Offsite Yoga	Tue	10:30 AM	11:30 AM	Jun 20	Aug 29	July 4	\$45.00	\$87.00	\$10 Drop In	Kinsey Property 4148 Main Street Fish Creek

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Jun 19	Aug 28		\$19.00	\$77.00	Owen	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Jun 23	Sept 1		\$19.00	\$77.00	Owen	Studio A
Cycle	Mon	8:00 AM	9:00 AM	Jun 19	Aug 28		\$31.00	\$77.00	Sverre	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Jun 23	Sept 1		\$31.00	\$77.00	Katie	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Jun 21	Aug 30		\$31.00	\$77.00	Catherine	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jun 20	Aug 29	July 4	\$31.00	\$77.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jun 22	Aug 31		\$31.00	\$77.00	Stephan	Studio B
Tone & Flow	Tue	9:15 AM	10:15 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Amy J	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Jun 22	Aug 31	Jul 6	\$31.00	\$77.00	Amie	Studio A
Step	Mon	8:00 AM	9:00 AM	Jun 19	Aug 28		FREE	\$54.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Jun 21	Aug 30		FREE	\$28.00	Jana	Studio A
Tabata	Thu	5:45 PM	6:15 PM	Jun 22	Aug 31		\$19.00	\$77.00	Jana	Studio A
Dance Fit	Fri	9:00 AM	9:45 AM	Jun 23	Sept 1	Jul 28 Aug 4	\$28.00	\$77.00	Mae	Studio C

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	6:15 AM	7:15 AM	Jun 19	Aug 28		\$31.00	\$77.00	Chris	Studio A
BodyPump™	Mon	8:15 AM	9:15 AM	Jun 19	Aug 28		\$31.00	\$77.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Jun 20	Aug 29	July 4	\$31.00	\$77.00	Amy J	Gym
BodyPump™	Wed	8:15 AM	9:15 AM	Jun 21	Aug 30		\$31.00	\$77.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Jun 22	Aug 31		\$31.00	\$77.00	Amy J	Gym
BodyPump™	Fri	6:15 AM	7:15 AM	Jun 23	Sept 1		\$31.00	\$77.00	Chris	Studio A
BodyPump™	Fri	8:15 AM	9:15 AM	Jun 23	Sept 1		\$31.00	\$77.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Jun 24	Sept 2		\$31.00	\$77.00	Rotation	Gym
Flex Power	Mon	9:15 AM	10:00 AM	Jun 19	Aug 28		\$19.00	\$77.00	Bonnie	Studio A
Flex Power	Wed	9:15 AM	10:00 AM	Jun 21	Aug 30		\$19.00	\$77.00	Bonnie	Studio A
Adv Flex Power	Fri	8:15 AM	9:00 AM	Jun 23	Sept 1		\$19.00	\$77.00	Bailey	Studio A
Silver & Fit	Wed	10:15 AM	11:00 AM	Jun 21	Aug 30		FREE	\$54.50	Bailey	Gym
Silver & Fit	Fri	10:15 AM	11:00 AM	Jun 23	Sept 1		FREE	\$54.50	Bailey	Gym
Silver Sneakers	Mon	10:15 AM	11:00 AM	Jun 19	Aug 28		FREE	\$54.50	Bailey	Gym
Silver Sneakers	Tue	10:15 AM	11:00 AM	Jun 20	Aug 29	July 4	FREE	\$54.50	Mynn	Gym
Silver Sneakers	Thu	10:15 AM	11:00 AM	Jun 22	Aug 31		FREE	\$54.50	Trish	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Jun 20	Aug 29	July 4	FREE	\$54.50	Mary G	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Jun 22	Aug 31		FREE	\$54.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Jun 19	Aug 28		\$19.00	\$77.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Jun 21	Aug 30		\$19.00	\$77.00	Mary G	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Jun 30	Sept 1		\$19.00	\$77.00	Diana	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Jun 19	Aug 28		\$19.00	\$77.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Jun 23	Sept 1		\$19.00	\$77.00	Bill W	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	Jun 20	Aug 31	Jul 4	\$19.50	\$38.00	Amy J /DCMC	Gym
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Jun 22	Aug 31		FREE	\$54.50	Bonnie	Pool

PERSONAL TRAINING

VIRTUAL OPTIONS ARE ALSO AVAILABLE

15-minute consultation (One time, for members only)	FREE	Kane Center
(1) 60-minute session OR (2) 30-minute sessions	\$55.00	Kane Center
(3) 60-minute or (6) 30-minute sessions of training	\$150.00	Kane Center
(6) 60-minute or (12) 30-minute sessions of training	\$285.00	Kane Center
(10) 60-minute or (20) 30-minute sessions of training	\$440.00	Kane Center

Technique Tune Up

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Technique Tune Up	Tue	8:00 AM	9:00 AM	Jun 20	Aug 29	July 4	FREE	N/A	Bailey	LSC
Technique Tune Up	Thu	11:00 AM	12:00 PM	Jun 22	Aug 31		FREE	N/A	Bailey	LSC

OFFSITE FITNESS CLASSES

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	Drop-In Fee	LOC
Yoga	Mon	8:15 AM	9:15 AM	Jun 19	Aug 28	--	\$45.00	\$87.00	\$10 Drop In	Anderson Dock
Yoga	Tue	10:30 AM	11:30 AM	Jun 20	Aug 29	July 4	\$45.00	\$87.00	\$10 Drop In	Kinsey Property 4148 Main Street Fish Creek

SOCIAL ENGAGEMENT

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

Women's Bible Study coming soon... stay tuned!