



SU23 GROUP FITNESS

Summer 2023 • June 19 – September 3

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	Jun 27	Aug 29	July 4	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	Kendi D.	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

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

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.

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

Technique Tune Up

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Technique Tune Up	Tue	7:00 AM	8:00 AM	Jun 27	Aug 29	Jul 4	FREE	N/A	Markanique W	Gym C

Technique Tune Up	Wed	6:45 PM	7:30 PM	Jun 28	Aug 30		FREE	N/A	Eric B.	Gym C
Technique Tune Up	Thur	7:00 AM	8:00 AM	Jun 29	Aug 31		FREE	N/A	Aiden L.	Gym C
Technique Tune Up	Fri	9:00 AM	10:00 AM	Jun 30	Sep 1		FREE	N/A	Aiden L.	Gym C
Technique Tune Up	Mon	11:00 AM	12:00 PM	Jun 26	Aug 28		FREE	N/A	Aiden L.	Gym C
Technique Tune Up	Fri	9:00 AM	10:00 AM	Jun 30	Sep 1		FREE	N/A	Aiden L.	Gym C

****SMALL GROUP PERSONAL TRAINING ** 10 WEEK SESSION****

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Small group (3-5 people)	Mon	6:05 AM	6:45 AM	Jun 26	Aug 28		\$162.50		Laurie T.	Pool
Small group (3-5 people)	Wed	6:05 AM	6:45 AM	Jun 28	Aug 30		\$162.50		Laurie T.	Studio 1
Small group (3-5 people)	Fri	6:05 AM	6:45 AM	Jun 30	Sep 1		\$162.50		Laurie T.	Studio 1

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Mon	6:00 PM	6:45 PM	Jun 26	Aug 28		\$39.50	\$79.00	Amber N.	Studio 3
Pilates	Wed	8:00 AM	8:45 AM	Jun 28	Aug 30		\$39.50	\$79.00	Kendi D.	Studio 2/3
Pilates	Fri	8:30 AM	9:15 AM	Jun 30	Sept 1		\$39.50	\$79.00	Tonya F	Studio 2/3
Raise the Barre	Wed	4:30 PM	5:05 PM	Jun 28	Aug 30		\$39.50	\$79.00	Jenny R	Studio 2/3
Tai Chi Movement	Thu	5:45 PM	6:45 PM	Jun 29	Jul 27		\$20.00	\$40.00	Chris E.	Studio 3
Yoga-Beg/Int.	Mon	8:45 AM	10:00 AM	Jun 26	Aug 28		\$39.50	\$79.00	Dwight Z.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 28	Aug 30		\$39.50	\$79.00	Suzanne H.	Studio 1
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jun 28	Aug 30		\$39.50	\$79.00	Suzanne H.	Virtual
Yoga-Beg/Int.	Thu	9:00 AM	10:15 AM	Jun 29	Aug 31		\$39.50	\$79.00	Dwight Z.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall			\$39.50	\$79.00	Suzanne H.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Returning in Fall			\$39.50	\$79.00	Suzanne H.	Virtual
Yoga-Hatha	Tue	5:15 PM	6:15 PM	Aug 1	Aug 29		\$20.00	\$40.00	Priscilla F.	Studio 1
Yoga-Swasthya	Tue	7:00 AM	8:15 AM	Jun 27	Aug 29		\$39.50	\$79.00	Prem L.	Studio 1
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jul 1	Sep 2		\$17.00	\$70.00	Rotate	Studio 1/2/3

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Boot Camp	Wed	5:30 PM	6:30 PM	Jun 28	Aug 30		\$28.00	\$70.00	Eric B	Gym A/B
Cardio/Core & More	Wed	5:15 AM	5:50 AM	Jun 28	Aug 30		\$17.00	\$70.00	Laurie T.	Studio 2/3
Intro to Cycle	Wed	10:15 AM	10:45 AM	Returning in Fall					Abby T.	Studio 2
Cycle	Mon	5:15 AM	5:50 AM	Jun 26	Aug 28		\$28.00	\$70.00	Laurie T.	Studio 2/3
Cycle	Mon	5:30 PM	6:00 PM	Jun 26	Aug 28		\$28.00	\$70.00	Rachel B	Studio 2
Cycle	Tue	8:00 AM	9:00 AM	Jun 27	Aug 29	Jul 4	\$28.00	\$70.00	Sarah G.	Studio 2
Cycle	Tue	5:15 PM	5:45 PM	Jun 27	Aug 29	Jul 4	\$28.00	\$70.00	Abby T.	Studio 2
Cycle	Thu	8:00 AM	9:00 AM	Jun 29	Aug 31		\$28.00	\$70.00	Heidi B.	Studio 2
Cycle	Thu	6:00 PM	6:30 PM	Jun 29	Aug 31		\$28.00	\$70.00	Jen L.	Studio 2
Cycle	Fri	5:15 AM	5:50 AM	Jun 30	Sep 1		\$28.00	\$70.00	Laurie T.	Studio 2/3
Dance Fit	Mon	5:00 PM	5:45 PM	Returning in Fall					Jane B.	Studio 2
Fit for Life	M/W/F	6:15 AM	7:00 AM	Jun 26	Sep 1		FREE	\$119.50	h K./Jon S./April	Gym A/B
Healthy Choice	Mon	8:00 AM	9:00 AM	Jun 26	Aug 28		FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Mary Claire M.	Virtual
Healthy Choice	Wed	8:00 AM	9:00 AM	Jun 28	Aug 30		FREE	\$49.50	Mary Claire M.	Gym A/B
Healthy Choice	Thu	9:00 AM	10:00 AM	Jun 29	Aug 31		FREE	\$49.50	Linda W.	Gym A/B
Healthy Choice	Fri	8:00 AM	9:00 AM	Jun 30	Sep 1		FREE	\$49.50	Sarah G.	Gym A/B

H.I.I.T.	Mon	5:30 PM	6:00 PM	Jun 26	Aug 28		\$17.00	\$70.00	Joe B.	Studio 1
H.I.I.T.	Wed	4:30 PM	5:00 PM	Jun 28	Aug 30		\$17.00	\$70.00	Jenny R.	Studio 1
H.I.I.T.	Thu	5:15 PM	5:45 PM	Jun 29	Aug 31		\$17.00	\$70.00	Jen L.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Jun 26	Aug 28		FREE	\$49.50	Sarah G.	Studio 2
Step	Mon	8:00 AM	9:00 AM	Jun 26	Aug 28		FREE	\$49.50	Sarah G.	Virtual
Step	Fri	8:00 AM	9:00 AM	Jun 30	Sep 1		FREE	\$49.50	Linda W.	Studio 2
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jul 1	Sep 2		\$17.00	\$70.00	Rotate	Studio 1/2/3

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Boot Camp	Wed	5:30 PM	6:30 PM	Jun 28	Aug 30		\$28.00	\$70.00	Eric B	Gym A/B
Essentrics	Tue	9:00 AM	9:45 AM	Returning in Fall					Micaela I.	Studio 3
Flex Power	Tue	5:15 AM	6:00 AM	Jun 27	Aug 29	Jul 4	\$17.00	\$70.00	Laurie T.	Studio 2/3
Flex Power	Thu	5:15 AM	6:00 AM	Jun 29	Aug 31		\$17.00	\$70.00	Laurie T.	Studio 2/3
Kettlebell	Mon	9:15 AM	10:15 AM	Returning in Fall					Mike M.	Gym A/B
Kettlebell	Wed	9:15 AM	10:15 AM	Returning in Fall					Mike M.	Gym A/B
RIP	Wed	9:00 AM	10:00 AM	Jun 28	Aug 30		\$17.00	\$70.00	Sarah G.	Studio 2/3
RIP	Wed	5:15 PM	6:15 PM	Jun 28	Aug 30		\$17.00	\$70.00	Jen L.	Studio 2/3
RIP	Fri	9:30 AM	10:30 AM	Jun 30	Sep 1		\$17.00	\$70.00	Sarah G.	Studio 2/3
Senior Strength	Mon	7:50 AM	8:25 AM	Jun 26	Aug 28		\$17.00	\$70.00	Dwight Z.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 29	Aug 31		\$17.00	\$70.00	Mary Claire M.	Gym Ctr.
Senior Strength	Thu	8:50 AM	9:25 AM	Jun 29	Aug 31		\$17.00	\$70.00	Mary Claire M.	Virtual
Senior Strength	Fri	7:50 AM	8:25 AM	Jun 30	Sep 1		\$17.00	\$70.00	Abby T.	Gym Ctr.
Silver Sneakers Classic	Mon	9:15 AM	10:00 AM	Jun 26	Aug 28		FREE	\$49.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	9:15 AM	10:00 AM	Jun 28	Aug 30		FREE	\$49.50	Claire M	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Jun 29	Aug 31		FREE	\$49.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 30	Sep 1		FREE	\$49.50	Abby T.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 30	Sep 1		FREE	\$49.50	Abby T.	Virtual
Saturday Scramble	Sat	8:15 AM	9:00 AM	Jul 1	Sep 2		\$17.00	\$70.00	Rotate	Studio 1/2/3
Technique Tune Up	Wed	6:30 PM	7:30 PM	Jun 28	Aug 30		FREE	N/A	Eric B	Gym C
Technique Tune Up	Mon	11:00 AM	12:00 PM	Jun 26	Aug 28		FREE	N/A	Aiden L.	Gym C
Technique Tune Up	Fri	9:00 AM	10:00 AM	Jun 30	Sep 1		FREE	N/A	Aiden L.	Gym C

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Mon	8:45 AM	9:30 AM	Jun 26	Aug 28		FREE	\$49.50	Debbie B.	Comp Pool
Aqualite	Tue	8:45 AM	9:30 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Mary Y.	Comp Pool
Aqualite	Wed	8:45 AM	9:30 AM	Jun 28	Aug 30		FREE	\$49.50	Dora L.	Comp Pool
Aqualite	Thu	8:45 AM	9:30 AM	Jun 29	Aug 31		FREE	\$49.50	Mary Y.	Comp Pool
Aqualite	Fri	8:45 AM	9:30 AM	Jun 30	Sep 1		FREE	\$49.50	Makayla T.	Comp Pool
Aquatic Knee/Hip	M/W	11:30 AM	12:15 PM	Jun 26	Aug 30		\$17.50	\$35.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
Over Your Head	Tue	7:45 AM	8:30 AM	Jun 27	Aug 29	Jul 4	\$17.00	\$70.00	Ann E.	Comp Pool
Over Your Head	Wed	5:30 AM	6:15 AM	Jun 28	Aug 30		\$17.00	\$70.00	Julie D.	Comp Pool
Over Your Head	Thu	7:45 AM	8:30 AM	Jun 29	Aug 31		\$17.00	\$70.00	Makayla T.	Comp Pool
Over Your Head	Fri	5:30 AM	6:15 AM	Jun 30	Sep 1		\$17.00	\$70.00	Margaret G.	Comp Pool
Twinges	Mon	9:30 AM	10:15 AM	Jun 26	Aug 28		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Becky G.	Rec Pool

Twinges	Wed	9:30 AM	10:15 AM	Jun 28	Aug 30		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 29	Aug 31		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 30	Sep 1		FREE	\$49.50	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	Jun 26	Aug 30		\$17.50	\$35.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Jun 27	Aug 31	Jul 4	\$17.50	\$35.00	Christine M. /DCMC	Studio 2&3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Christine M.	Studio 2&3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Christine M.	Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 29	Aug 31		FREE	\$49.50	Christine M.	Studio 2&3
LIVE STRONG ® at the YMCA	T/Th	1:00 PM	2:15 PM	Contact Abby Tesch at the Y			FREE	FREE	Abby T.	Studio 3
LIVE STRONG ® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 26	Aug 28		FREE	\$49.50	Christine M.	Studio 3
LIVE STRONG ® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 26	Aug 28		FREE	\$49.50	Christine M.	Virtual
M.IN.D.	Mon	1:00 PM	3:00 PM	Call Abby Tesch at the Y for more information			FREE	FREE	Christine M./DCMC	Studio 2&3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	In session		July 4			Christine M. /Sarah G.	Studio 2
Moving For Better Balance Alumni	Mon	10:30 AM	11:00 AM	Jun 26	Aug 28		\$17.00	\$70.00	Sarah G.	Studio 1
Parkinson's Exercise	T/Th	2:15 PM	3:15 PM	monthly			\$45.00	\$75.00	Christine M. /DCMC	Track /Gym C
Stepping On	Wed	1:00 PM	3:00 PM	Contact Abby Tesch at the Y for more information			FREE	FREE	Sarah G./April P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jun 26	Aug 28		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 27	Aug 29	Jul 4	FREE	\$49.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 28	Aug 30		FREE	\$49.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 29	Aug 31		FREE	\$49.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 30	Sep 1		FREE	\$49.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jun 27	Sep 19	Jul 4	\$65.00	\$85.00	Tess J.	Meeting Rm.

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Underwater Hockey	Tues	5:30 PM	7:30 PM	Jun 27	Aug 29	Jul 4	\$53.00 for 9 wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool

Underwater Hockey	Fri	5:00 PM	6:45 PM	Jun 23	Sep 1		\$60.00 for 10wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool
Underwater Hockey	Sun	12:00 PM	2:00 PM	Jun 25	Sep 3		\$60.00 for 10wk session; \$7.00 per day	\$15 per day	Kendall B	Comp Pool