



# 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<br>CLASS | MEMBER      | COMM.   | INST           | LOC     |
|--------------------------------------|-----|----------|----------|--------|--------|-------------|-------------|---------|----------------|---------|
| Healthy Choice                       | Tue | 9:00 AM  | 10:00 AM | Jun 27 | Aug 29 |             | <b>FREE</b> | \$49.50 | Mary Claire M. | Virtual |
| Land Arthritis                       | Tue | 10:30 AM | 11:15 AM | Jun 27 | Aug 29 | July 4      | <b>FREE</b> | \$49.50 | Christine M.   | Virtual |
| LIVESTRONG®<br>at the YMCA<br>Alumni | Mon | 11:30 AM | 12:00 PM | Jun 26 | Aug 28 |             | <b>FREE</b> | \$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<br>Classic           | Fri | 9:15 AM  | 10:00 AM | Jun 30 | Sep 1  |             | <b>FREE</b> | \$49.50 | Abby T.        | Virtual |
| Step                                 | Mon | 8:00 AM  | 9:00 AM  | Jun 26 | Aug 28 |             | <b>FREE</b> | \$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<br>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<br>Yoga                    | Wed | 9:00 AM  | 10:00 AM | Jun 21 | Aug 30 | Aug 2       | \$43.50 | \$75.50 | Mae   | Studio C |
| Yoga<br>Beginner/Int.                  | Tue | 9:00 AM  | 10:00 AM | Jun 20 | Aug 29 | July 4      | \$43.50 | \$75.50 | Liz   | Studio C |
| Yoga<br>Beginner/Int.                  | Thu | 9:00 AM  | 10:00 AM | Jun 22 | Aug 31 |             | \$43.50 | \$75.50 | Liz   | Studio C |
| Adult Dance/<br>The Art of<br>Movement | Wed | 5:00 PM  | 6:00 PM  | Jun 21 | Aug 30 |             | \$43.50 | \$75.50 | Kelly | Studio C |

**CARDIO**

| CLASS            | DAY            | START              | END                | START             | END               | NO<br>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            |
| <del>Cycle</del> | <del>Tue</del> | <del>6:30 AM</del> | <del>7:30 AM</del> | <del>Jun 20</del> | <del>Aug 29</del> | <del>July 4</del> | <del>\$31.00</del> | <del>\$77.00</del> | <del>Stephan</del> | <del>Studio B</del> |
| <del>Cycle</del> | <del>Thu</del> | <del>6:30 AM</del> | <del>7:30 AM</del> | <del>Jun 22</del> | <del>Aug 31</del> |                   | <del>\$31.00</del> | <del>\$77.00</del> | <del>Stephan</del> | <del>Studio B</del> |
| 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            |                   | <b>FREE</b>        | \$54.50            | Lesley             | Studio A            |
| Step             | Wed            | 5:45 PM            | 6:15 PM            | Jun 21            | Aug 30            |                   | <b>FREE</b>        | \$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<br>Aug 4   | \$28.00            | \$77.00            | Mae                | Studio C            |
|                  |                |                    |                    |                   |                   |                   |                    |                    |                    |                     |

**STRENGTH/CONDITIONING**

| CLASS           | DAY | START    | END      | START  | END    | NO<br>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 |             | <b>FREE</b> | \$54.50 | Bailey   | Gym      |
| Silver & Fit    | Fri | 10:15 AM | 11:00 AM | Jun 23 | Sept 1 |             | <b>FREE</b> | \$54.50 | Bailey   | Gym      |
| Silver Sneakers | Mon | 10:15 AM | 11:00 AM | Jun 19 | Aug 28 |             | <b>FREE</b> | \$54.50 | Bailey   | Gym      |
| Silver Sneakers | Tue | 10:15 AM | 11:00 AM | Jun 20 | Aug 29 | July 4      | <b>FREE</b> | \$54.50 | Mynn     | Gym      |
| Silver Sneakers | Thu | 10:15 AM | 11:00 AM | Jun 22 | Aug 31 |             | <b>FREE</b> | \$54.50 | Trish    | Gym      |
|                 |     |          |          |        |        |             |             |         |          |          |

**WATER FITNESS**

| CLASS                 | DAY | START    | END      | START  | END    | NO<br>CLASS | MEMBER      | COMM.   | INST   | LOC  |
|-----------------------|-----|----------|----------|--------|--------|-------------|-------------|---------|--------|------|
| Aqualite              | Tue | 8:00 AM  | 9:00 AM  | Jun 20 | Aug 29 | July 4      | <b>FREE</b> | \$54.50 | Mary G | Pool |
| Aqualite              | Thu | 8:00 AM  | 9:00 AM  | Jun 22 | Aug 31 |             | <b>FREE</b> | \$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 |
| 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<br>CLASS | MEMBER      | COMM.   | INST           | LOC  |
|---------------------|------|----------|----------|--------|--------|-------------|-------------|---------|----------------|------|
| Knee & Hip<br>Joint | T/Th | 11:15 AM | 12:00 PM | Jun 20 | Aug 31 | Jul 4       | \$19.50     | \$38.00 | Amy J<br>/DCMC | Gym  |
| Twinges &<br>Hinges | Thu  | 10:00 AM | 10:30 AM | Jun 22 | Aug 31 |             | <b>FREE</b> | \$54.50 | Bonnie         | Pool |
|                     |      |          |          |        |        |             |             |         |                |      |
|                     |      |          |          |        |        |             |             |         |                |      |

# PERSONAL TRAINING

| VIRTUAL OPTIONS ARE ALSO AVAILABLE                    |  |  |  |  |  |  |             |  |             |  |
|-------------------------------------------------------|--|--|--|--|--|--|-------------|--|-------------|--|
| 15-minute consultation (One time, for members only)   |  |  |  |  |  |  | <b>FREE</b> |  | 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   | <b>FREE</b> | N/A   | Bailey | LSC |
| Technique Tune Up | Thu | 11:00 AM | 12:00 PM | Jun 22 | Aug 31 |          | <b>FREE</b> | 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<br>4148 Main Street<br>Fish Creek |

# 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> | --   | Studio A |
| Mahjongg-Beginner                                     | Fri | 10:30 AM | 12:00 PM | Beginner Play Every Friday     | --       | <b>FREE</b> | <b>FREE</b> | --   | Studio A |
| Mahjongg-Advanced                                     | Thu | 1:00 PM  | 3:00 PM  | Advance Play Every Thursday    | --       | <b>FREE</b> | <b>FREE</b> | --   | Studio A |
| Fibromyalgia Support Group                            | Thu | 1:00 PM  | 3:00 PM  | First Thursday of the month    | --       | <b>FREE</b> | <b>FREE</b> | --   | Studio A |
| Crafty Ladies                                         | Tue | 9:30 AM  | 11:00 AM | 2nd & 4th Tuesday of the month | --       | <b>FREE</b> | <b>FREE</b> | --   | Studio A |
| Ukulele Jam                                           | Mon | 1:00 PM  | 2:45 PM  | 2nd & 4th Monday               | --       | <b>FREE</b> | <b>FREE</b> | --   | Studio A |
| <b>Women's Bible Study coming soon... stay tuned!</b> |     |          |          |                                |          |             |             |      |          |