



# F123 GROUP FITNESS

Fall 1 2023 • September 5 - October 29

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
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Sept 6	Oct 25		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Sept 6	Oct 25		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$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
Adult Dance/ The Art of Movement	Wed	5:00 PM	6:00 PM	Sept 6	Oct 25		\$31.50	\$55.00	Kelly	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Sept 5	Oct 24		\$31.50	\$55.00	Liz	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Sept 7	Oct 26		\$31.50	\$55.00	Liz	Studio C
Yoga- Beginner/Int.	Tue	5:00 PM	6:00 PM	Sept 5	Oct 24		\$31.50	\$55.00	Courtney	Studio C
Yoga- Beginner/Int.	Thu	3:45 PM	4:30 PM	Sept 7	Oct 26		\$31.50	\$55.00	Courtney	Studio C
Yoga- Chair	Tue	11:15 AM	12:00 PM	Sept 5	Oct 24		\$31.50	\$55.00	Mynn	Studio C
Yoga- Restorative	Mon	9:00 AM	10:00 AM	Sept 11	Oct 23		\$31.50	\$55.00	Mae	Studio C
Yoga- Restorative	Wed	9:00 AM	10:00 AM	Sept 6	Oct 25		\$31.50	\$55.00	Mae	Studio C
Yoga- Restorative	Fri	8:00 AM	9:00 AM	Sept 8	Oct 27		\$31.50	\$55.00	Courtney	Studio C
*NEW* Pilates	Mon	8:00 AM	8:45 AM	Sept 11	Oct 23		\$31.50	\$55.00	Mae	Studio C

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio & More	Mon	10:15 AM	11:00 AM	Sept 11	Oct 23		\$14.00	\$56.00	Owen	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		\$14.00	\$56.00	Owen	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Sept 11	Oct 23		\$22.50	\$56.00	Sverre	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Sept 8	Oct 27		\$22.50	\$56.00	Katie	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Sept 6	Oct 25		\$22.50	\$56.00	Catherine	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Sept 5	Oct 24		\$22.50	\$56.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Sept 7	Oct 26		\$22.50	\$56.00	Stephan	Studio B
Dance Fit	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		\$22.50	\$56.00	Mae	Studio C
Step	Mon	8:00 AM	9:00 AM	Sept 11	Oct 23		FREE	\$39.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Sept 6	Oct 25		FREE	\$28.00	Jana	Studio A
Tabata	Thu	5:45 PM	6:15 PM	Sept 7	Oct 26		\$14.00	\$56.00	Jana	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Sept 7	Oct 26		\$22.50	\$56.00	Amie	Studio A

STRENGTH/CONDITIONING										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Sept 11	Oct 23		\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Sept 5	Oct 24		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Sept 5	Oct 24		\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Sept 6	Oct 25		\$22.50	\$56.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Sept 7	Oct 26		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Sept 8	Oct 27		\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Sept 9	Oct 28		\$22.50	\$56.00	Rotation	Gym
Flex Power	Fri	8:15 AM	9:00 AM	Sept 8	Oct 27		\$14.00	\$56.00	Bailey	Studio A
 ForeverWell Strength (Formerly Bonnie's Flex Power)	Mon	9:15 AM	10:00 AM	Sept 11	Oct 23		\$14.00	\$56.00	Bonnie	Studio A
 ForeverWell Strength (Formerly Bonnie's Flex Power)	Wed	9:15 AM	10:00 AM	Sept 6	Oct 25		\$14.00	\$56.00	Bonnie	Studio A
 Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Sept 8	Oct 27		<b>FREE</b>	\$39.50	Bailey	Gym
 Silver Sneakers BOOM	Wed	10:15 AM	11:00 AM	Sept 6	Oct 25		<b>FREE</b>	\$39.50	Bailey	Gym
 Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Sept 11	Oct 23		<b>FREE</b>	\$39.50	Kay	Gym
 Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Mynn	Gym
 Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sept 7	Oct 26		<b>FREE</b>	\$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	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Mary G	Pool
 Aqualite	Thu	8:00 AM	9:00 AM	Sept 7	Oct 26		<b>FREE</b>	\$39.50	Mary G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Sept 11	Oct 23		\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Sept 6	Oct 25		\$14.00	\$56.00	Mary G	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Sept 8	Oct 27		\$14.00	\$56.00	Diana	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sept 11	Oct 23		\$14.00	\$56.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Sept 8	Oct 27		\$14.00	\$56.00	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	Sept 5	Oct 26		\$14.00	\$28.00	Amy J /DCMC	Gym
 Twinges & Hinges	Thu	10:00 AM	10:30 AM	Sept 7	Oct 26		<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

**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	Sept 11	Oct 23	--	<b>FREE</b>	<b>FREE</b>	--	Gym
<b>Pickleball Advanced</b>	Tue	12:30 PM	3:00 PM	Sept 5	Oct 24	--	<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Sept 6	Oct 25	--	<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Sept 8	Oct 27	--	<b>FREE</b>	<b>FREE</b>	--	Gym
<b>Pickleball Advanced</b>	Sat	7:00 AM	8:30 AM	Sept 9	Oct 28	--	<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Sept 11	Oct 23	--	<b>FREE</b>	<b>FREE</b>	--	Gym

**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>	--	Social Lounge
Mahjongg- Beginner	Fri	10:30 AM	12:00 PM	Beginner Play Every Friday	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Together Tuesday	Tue	11:00 AM	1:00 PM	2nd & 4th Tuesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Third Wednesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Technology Thursday	Thu	11:00 AM	12:00 PM	First Thursday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge