



F223 GROUP FITNESS

Fall 2 2023 • October 30-December 23

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	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Oct 31	Dec 19		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Nov 1	Dec 20		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Nov 1	Dec 20		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$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
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Oct 31	Dec 19		\$31.50	\$55.00	Liz	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Nov 2	Dec 21	Nov 23	\$31.50	\$55.00	Liz	Studio C
Yoga- Beginner/Int.	Tue	5:00 PM	6:00 PM	Oct 31	Dec 19		\$31.50	\$55.00	Courtney	Studio C
Yoga- Beginner/Int.	Thu	3:45 PM	4:30 PM	Nov 2	Dec 21	Nov 23	\$31.50	\$55.00	Courtney	Studio C
Yoga- Restorative	Mon	9:00 AM	10:00 AM	Oct 30	Dec 18		\$31.50	\$55.00	Mae	Studio C
Yoga- Restorative	Wed	9:00 AM	10:00 AM	Nov 1	Dec 20		\$31.50	\$55.00	Mae	Studio C
Yoga- Restorative	Fri	8:00 AM	9:00 AM	Nov 3	Dec 22	Nov 24	\$31.50	\$55.00	Courtney	Studio C
Pilates	Mon	8:00 AM	8:45 AM	Oct 30	Dec 18		\$31.50	\$55.00	Mae	Studio C



CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio Kickboxing	Mon	10:15 AM	11:00 AM	Oct 30	Dec 18		\$14.00	\$56.00	Owen	Studio A
Cardio Kickboxing	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Owen	Studio A
Cycle	Wed	8:00 AM	8:45 AM	Nov 1	Nov 29		\$14.00	\$56.00	Catherine	Studio B
Cycle	Wed	8:15 AM	8:45 AM	Dec 6	Dec 20		\$14.00	\$56.00	Katie	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Nov 3	Dec 22	Nov 1 Nov 24	\$22.50	\$56.00	Katie	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Oct 31	Dec 19		\$22.50	\$56.00	Stephan	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Nov 2	Dec 21	Nov 23	\$22.50	\$56.00	Stephan	Studio B
Dance Fit	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	\$22.50	\$56.00	Mae	Studio C
Step	Mon	8:00 AM	9:00 AM	Oct 30	Dec 18		FREE	\$39.50	Lesley	Studio A
Step	Wed	5:45 PM	6:15 PM	Nov 1	Dec 20	Nov 8	FREE	\$28.00	Jana	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Nov 2	Dec 21	Nov 23	\$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	Oct 30	Dec 18		\$22.50	\$56.00	Heather	Gym
BodyPump™	Tue	8:00 AM	9:00 AM	Oct 31	Dec 19		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Oct 31	Dec 19		\$22.50	\$56.00	Chris	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Nov 1	Dec 20		\$22.50	\$56.00	Amie	Gym
BodyPump™	Thu	8:00 AM	9:00 AM	Nov 2	Dec 21		\$22.50	\$56.00	Amy J	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Nov 3	Dec 22		\$22.50	\$56.00	Amie	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Nov 4	Dec 23		\$22.50	\$56.00	Rotation	Gym
Flex Power	Fri	8:15 AM	9:00 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Bailey	Studio A
 ForeverWell Strength	Mon	9:15 AM	10:00 AM	Oct 30	Dec 18		\$14.00	\$56.00	Bonnie	Studio A
 ForeverWell Strength	Wed	9:15 AM	10:00 AM	Nov 1	Dec 20		\$14.00	\$56.00	Bonnie	Studio A
 Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Bailey	Gym
 Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Nov 1	Dec 20		FREE	\$39.50	Bailey	Gym
 Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Oct 30	Dec 18		FREE	\$39.50	Kay	Gym
 Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Bailey/ Mae	Gym

WATER FITNESS										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
 Aqualite	Tue	8:00 AM	9:00 AM	Oct 31	Dec 19		FREE	\$39.50	Mary G	Pool
 Aqualite	Thu	8:00 AM	9:00 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Mary G	Pool
AquaYoga	Tue	9:15 AM	10:00 AM	Oct 31	Dec 19		\$31.50	\$56.00	Lisa G	Pool
AquaYoga	Thu	9:15 AM	10:00 AM	Nov 2	Dec 21	Nov 23	\$31.50	\$56.00	Lisa G	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Oct 30	Dec 18		\$14.00	\$56.00	Mary G	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Nov 1	Dec 20		\$14.00	\$56.00	Mary G	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Diana	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Oct 30	Dec 18		\$14.00	\$56.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Nov 3	Dec 22	Nov 24	\$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	Oct 31	Dec 21	Nov 23	\$14.00	\$28.00	Amy J /DCMC	Gym
 Twinges & Hinges	Thu	10:00 AM	10:30 AM	Nov 2	Dec 21	Nov 23	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

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Volleyball League	Thu	6:00 PM	8:00 PM	Nov 16	Feb 15	Nov 23	\$250 Per team, additional \$35 per non Y member		Staff	Gym
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Oct 30	Dec 18	--	FREE	FREE	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Oct 31	Dec 19	--	FREE	FREE	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Nov 1	Dec 20	--	FREE	FREE	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Nov 3	Dec 22	Nov 24	FREE	FREE	--	Gym
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Nov 4	Dec 23	Nov 25	FREE	FREE	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Oct 30	Dec 18	--	FREE	FREE	--	Gym

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	FREE	FREE	--	Social Lounge
Mahjongg- All Levels	Fri	10:30 AM	12:30 PM	Beginner Play Every Friday	Nov 24	FREE	FREE	--	Social Lounge
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month	--	FREE	FREE	--	Social Lounge
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month	--	FREE	FREE	--	Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday	--	FREE	FREE	--	Social Lounge
Together Tuesday	Tue	11:00 AM	1:00 PM	2nd & 4th Tuesday of the month	--	FREE	FREE	--	Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Third Wednesday of the month	--	FREE	FREE	--	Social Lounge
Technology Thursday	Thu	11:00 AM	12:00 PM	First Thursday of the month	--	FREE	FREE	--	Social Lounge