



# W124 GROUP FITNESS

Winter 1 2024 • January 2 - February 25

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	Jan 4	Feb 22		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jan 8	Feb 19	Jan 1	<b>FREE</b>	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Jan 3	Feb 21		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jan 5	Feb 23		<b>FREE</b>	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	<b>FREE</b>	\$39.50	Sarah G.	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Jan 3	Feb 21		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Jan 8	Feb 19	Jan 1	\$31.50	\$63.00	Suzanne H.	Virtual
<b>*4 person minimum for a virtual class to run</b>										









## 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	Jan 2	Feb 20		\$31.50	\$56.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jan 4	Feb 22		\$31.50	\$56.00	Liz H.	Studio C
<del>Yoga- Beginner/Int.</del>	<del>Tue</del>	<del>5:00 PM</del>	<del>6:00 PM</del>	<del>Jan 2</del>	<del>Feb 20</del>		<del>\$31.50</del>	<del>\$56.00</del>	<del>Courtney D.</del>	<del>Studio C</del>
Yoga- Restorative	Mon	9:00 AM	10:00 AM	Jan 8	Feb 19		\$31.50	\$56.00	Mae D.	Studio C
Yoga- Restorative	Fri	9:00 AM	10:00 AM	Jan 5	Feb 23		\$31.50	\$56.00	Courtney D.	Studio C
<del>Pilates</del>	<del>Mon</del>	<del>8:00 AM</del>	<del>8:45 AM</del>	<del>Jan 8</del>	<del>Feb 19</del>	<del>Jan 1</del>	<del>\$31.50</del>	<del>\$56.00</del>	<del>Mae D.</del>	<del>Studio C</del>

## CARDIO



CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio Kickboxing	Mon	10:15 AM	11:00 AM	Jan 23	Feb 19		\$14.00	\$56.00	Owen A.	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Jan 26	Feb 23		\$14.00	\$56.00	Owen A.	Studio A
Cycle	Wed	8:15 AM	8:45 AM	Jan 3	Feb 21		\$14.00	\$56.00	Katie M.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Jan 5	Feb 23		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jan 2	Feb 20		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jan 4	Feb 22		\$22.50	\$56.00	Stephan R.	Studio B
Cycle - Teen (Ages 13-18)	Mon	4:15 PM	5:00 PM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Eric S.	Studio B
Cycle- Teen (Ages 13-18)	Wed	4:15 PM	5:00 PM	Jan 3	Feb 21		\$22.50	\$56.00	Eric S.	Studio B
Step	Mon	8:00 AM	9:00 AM	Jan 8	Feb 19	Jan 1	<b>FREE</b>	\$39.50	Lesley A.	Studio A
Step	Wed	5:45 PM	6:15 PM	Jan 3	Feb 21		<b>FREE</b>	\$28.00	Jana R.	Studio A
Tabata	Mon	5:45 PM	6:15 PM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Jan 4	Feb 22		\$22.50	\$56.00	Amie B.	Studio A



<b>STRENGTH/CONDITIONING</b>											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
BodyPump™	Mon	8:15 AM	9:15 AM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Heather G.	Gym	
<del>BodyPump™</del>	<del>Tue</del>	<del>8:00 AM</del>	<del>9:00 AM</del>	<del>Jan 2</del>	<del>Feb 20</del>		<del>\$22.50</del>	<del>\$56.00</del>	<del>Amy J.</del>	<del>Studio A</del>	
BodyPump™	Tue	4:30 PM	5:30 PM	Jan 2	Feb 20		\$22.50	\$56.00	Chris H.	Studio A	
BodyPump™	Wed	8:15 AM	9:15 AM	Jan 3	Feb 21		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Thu	8:00 AM	9:00 AM	Jan 4	Feb 22		\$22.50	\$56.00	Amy J.	Gym	
BodyPump™	Fri	8:15 AM	9:15 AM	Jan 5	Feb 23		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Sat	9:00 AM	10:00 AM	Jan 6	Feb 24		\$22.50	\$56.00	Rotation	Gym	
Flex Power	Fri	8:15 AM	9:00 AM	Jan 5	Feb 23		\$14.00	\$56.00	Bailey C.	Studio A	
 ForeverWell Strength	Mon	9:15 AM	10:00 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Bonnie S.	Studio A	
 ForeverWell Strength	Wed	9:15 AM	10:00 AM	Jan 3	Feb 21		\$14.00	\$56.00	Bonnie S.	Studio A	
 Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Jan 5	Feb 23		<b>FREE</b>	\$39.50	Bailey C.	Gym	
 Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Jan 3	Feb 21		<b>FREE</b>	\$39.50	Bailey C.	Gym	
 Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jan 8	Feb 19	Jan 1	<b>FREE</b>	\$39.50	Kay N.	Gym	
Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Kim D.	Gym	
 Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jan 4	Feb 22		<b>FREE</b>	\$39.50	Kim D.	Gym	
W.O.W. (Women on Weights)	Mon	5:30 PM	6:30 PM	Jan 8	Feb 19	Jan 1	\$31.50	\$63.00	Amie B.	LSC	
W.O.W. (Women on Weights)	Wed	7:00 AM	8:00 AM	Jan 3	Feb 21		\$31.50	\$63.00	Amie B.	LSC	
W.O.W. (Women on Weights)	Thu	5:30 PM	6:30 PM	Jan 4	Feb 22	Feb 1	\$31.50	\$63.00	Amie B.	LSC	
W.O.W. (Women on Weights)	Fri	7:00 AM	8:00 AM	Jan 5	Feb 23		\$31.50	\$63.00	Amie B.	LSC	
<b>WATER FITNESS</b>											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
 Aqualite	Tue	8:00 AM	9:00 AM	Jan 2	Feb 20		<b>FREE</b>	\$39.50	Mary G.	Pool	
 Aqualite	Thu	8:00 AM	9:00 AM	Jan 4	Feb 22		<b>FREE</b>	\$39.50	Mary G.	Pool	
AquaYoga	Tue	9:15 AM	10:00 AM	Jan 2	Feb 20		\$31.50	\$56.00	Lisa G.	Pool	
AquaYoga	Thu	9:15 AM	10:00 AM	Jan 4	Feb 22		\$31.50	\$56.00	Lisa G.	Pool	
Pilaqua	Mon	9:00 AM	10:05 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Mary G.	Pool	
Pilaqua	Wed	9:00 AM	10:05 AM	Jan 3	Feb 21		\$14.00	\$56.00	Mary G.	Pool	
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Bill W.	Pool	
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Jan 5	Feb 23		\$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	Jan 2	Feb 22		\$14.00	\$28.00	Amy J. /DCMC	Gym
 Twinges	Thu	10:00 AM	10:30 AM	Jan 4	Feb 22		<b>FREE</b>	\$54.50	Bonnie S.	Pool

**W.O.W (Women on Weights)**

W.O.W is a beginner/intermediate/advanced strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights)	Mon	5:30 PM	6:30 PM	Jan 8	Feb 19	Jan 1	\$31.50	\$63.00	Amie B.	LSC
W.O.W. (Women on Weights)	Wed	7:00 AM	8:00 AM	Jan 3	Feb 21		\$31.50	\$63.00	Amie B.	LSC
W.O.W. (Women on Weights)	Thu	5:30 PM	6:30 PM	Jan 4	Feb 22	Feb 1	\$31.50	\$63.00	Amie B.	LSC
<del>W.O.W. (Women on Weights)</del>	<del>Fri</del>	<del>7:00 AM</del>	<del>8:00 AM</del>	<del>Jan 5</del>	<del>Feb 23</del>		<del>\$31.50</del>	<del>\$63.00</del>	<del>Amie B.</del>	<del>LSC</del>

**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
Volleyball League	Thu	6:00 PM	8:00 PM	Nov 16	Feb 22	Feb 1	\$250 Per team, additional \$35 per non Y member		Staff	Gym
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Jan 8	Feb 19	Jan 1	<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Jan 2	Feb 20		<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Jan 3	Feb 21		<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Jan 5	Feb 23		<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Jan 6	Feb 24		<b>FREE</b>	<b>FREE</b>	--	Gym
Pickleball Beginner <i>*Intermediate players can join after Feb 5th*</i>	Mon	5:00 PM	6:30 PM	Jan 8	Feb 19	Jan 1	<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- All Levels	Fri	10:30 AM	12:30 PM	Beginner 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

