



W224 GROUP FITNESS

Winter 2 2024 • February 26 - April 21

Jackie & Steve Kane Program Center • 920.868.3660
3866 Gibraltar Rd. Fish Creek, WI 54212

The gold heart equals ForeverWell Friendly classes. See ForeverWell Section for more information.

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	Feb 29	Apr 18		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Feb 27	Apr 16		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Feb 27	Apr 16		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Feb 26	Apr 15		FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Feb 28	Apr 17		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Mar 1	Apr 19		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Feb 28	Apr 17		\$31.50	\$63.00	Suzanne H.	Virtual
Yoga-Chair	Mon	10:15 AM	11:15 AM	Feb 26	Apr 15		\$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	Feb 27	Mar 5		Drop in	Drop in	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Feb 29	Apr 18		\$31.50	\$56.00	Liz /Mae	Studio C
Yoga- Beginner/Int.	Tue	5:30 PM	6:30 PM	Feb 27	Apr 16		\$31.50	\$56.00	Courtney D.	Studio C
Yoga-Restorative	Mon	9:00 AM	10:15 AM	Feb 26	Apr 15		\$31.50	\$56.00	Mae D.	Studio C
Pilates	Mon	8:00 AM	8:45 AM	Feb 26	Apr 15		\$31.50	\$56.00	Mae D.	Studio C



CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle	Wed	8:15 AM	8:45 AM	Feb 28	Apr 17	Mar 27	\$14.00	\$56.00	Katie M.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Mar 1	Apr 19	Mar 29 Apr 19	\$22.50	\$56.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Feb 27	Apr 16		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Feb 29	Apr 18		\$22.50	\$56.00	Stephan R.	Studio B
Cycle - Teen (Ages 13-18)	Mon	4:15 PM	5:00 PM	Feb 26	Apr 15	Spring Break	\$22.50	\$56.00	Eric S.	Studio B
Cycle- Teen (Ages 13-18)	Wed	4:15 PM	5:00 PM	Feb 28	Apr 17	Spring Break	\$22.50	\$56.00	Eric S.	Studio B
Step	Mon	8:00 AM	9:00 AM	Feb 26	Apr 15		FREE	\$39.50	Lesley A.	Studio A
Step	Wed	5:45 PM	6:15 PM	Feb 28	Apr 17		FREE	\$28.00	Jana R.	Studio A
Tabata	Mon	5:45 PM	6:15 PM	Feb 26	Apr 15		\$14.00	\$56.00	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Feb 29	Apr 18		\$22.50	\$56.00	Amie B.	Studio A

STRENGTH/CONDITIONING											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
BodyPump™	Mon	8:15 AM	9:15 AM	Feb 26	Apr 15		\$22.50	\$56.00	Heather G.	Gym	
BodyPump™	Tue	4:30 PM	5:30 PM	Feb 27	Apr 16		\$22.50	\$56.00	Chris H.	Studio A	
BodyPump™	Wed	8:15 AM	9:15 AM	Feb 28	Apr 17		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Fri	8:15 AM	9:15 AM	Mar 1	Apr 19		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Sat	9:00 AM	10:00 AM	Mar 2	Apr 20	Mar 23	\$22.50	\$56.00	Rotation	Gym	
Flex Power	Fri	8:15 AM	9:00 AM	Mar 1	Apr 19		\$14.00	\$56.00	Bailey C.	Studio A	
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Feb 26	Apr 15		\$14.00	\$56.00	Bonnie S.	Studio A	
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Feb 28	Apr 17		\$14.00	\$56.00	Bonnie S.	Studio A	
Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Mar 1	Apr 19		FREE	\$39.50	Bailey C.	Gym	
55+ Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Feb 28	Apr 17	Mar 6	FREE	\$39.50	Bailey C.	Gym	
55+ Silver Sneakers BOOM MUSCLE	Tue	9:15 AM	10:00 AM	Feb 27	Apr 16		FREE	\$39.50	Kim D.	Gym	
55+ Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Feb 26	Apr 15		FREE	\$39.50	Kay N.	Gym	
55+ Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Feb 27	Apr 16		FREE	\$39.50	Kim D.	Gym	
55+ Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Feb 29	Apr 18		FREE	\$39.50	Kim D.	Gym	
W.O.W. (Women on Weights) Level 1	Tue	8:30 AM	9:30 AM	Feb 27	Apr 16		\$31.50	\$63.00	Mae D.	LSC	
W.O.W. (Women on Weights) Level 2	Mon	5:30 PM	6:30 PM	Feb 26	Apr 15		\$31.50	\$63.00	Bailey C.	LSC	

WATER FITNESS											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
55+ Aqualite	Tue	8:00 AM	9:00 AM	Feb 27	Apr 16		FREE	\$39.50	Rotation/ Mary G.	Pool	
55+ Aqualite	Thu	8:00 AM	9:00 AM	Feb 29	Apr 18		FREE	\$39.50	Rotation/ Mary G.	Pool	
AquaYoga	Tue	9:15 AM	10:00 AM	Feb 27	Apr 16		\$31.50	\$56.00	Lisa G.	Pool	
AquaYoga	Thu	9:15 AM	10:00 AM	Feb 29	Apr 18		\$31.50	\$56.00	Lisa G.	Pool	
Pilaqua	Mon	9:00 AM	10:05 AM	Feb 26	Apr 15		\$14.00	\$56.00	Diana/ Mary G.	Pool	
Pilaqua	Wed	9:00 AM	10:05 AM	Feb 28	Apr 17		\$14.00	\$56.00	Diana/ Mary G.	Pool	
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Will be back in Summer			\$14.00	\$56.00	Bill W.	Pool	
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Will be back in Summer			\$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	Feb 27	Apr 18		\$14.00	\$28.00	Rotation /DCMC	Gym
 Twinges	Thu	10:00 AM	10:30 AM	Feb 29	Apr 18		FREE	\$54.50	Bonnie S.	Pool

W.O.W (Women on Weights)

W.O.W is a strength training class designed specifically for women. The goal is to teach women the proper design and structure of a sound strength training program. Level 1 is for those who are new to the class. Level 2 is if they have taken Level 1

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
W.O.W. (Women on Weights) Level 1	Tue	8:30 AM	9:30 AM	Feb 27	Apr 16		\$31.50	\$63.00	Mae D.	Well Ctr
W.O.W. (Women on Weights) Level 2	Mon	5:30 PM	6:30 PM	Feb 26	Apr 15		\$31.50	\$63.00	Bailey C.	Well Ctr

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

****SMALL GROUP PERSONAL TRAINING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Small group (3-5 people)	Mon	5:30 PM	6:30 PM	Feb 26	Apr 15		\$65.00	\$85.00	Amie B.	Studio B
Small group (3-5 people)	Wed	7:00 AM	8:00 AM	Feb 28	Apr 17		\$65.00	\$85.00	Amie B.	Studio B
Small group (3-5 people)	Wed	5:30 PM	6:30 PM	Feb 28	Apr 17		\$65.00	\$85.00	Amie B.	Studio B
Small group (3-5 people)	Thu	5:30 PM	6:30 PM	Feb 29	Apr 18		\$65.00	\$85.00	Amie B.	Studio B

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pick Up Volleyball	Thu	4:45 PM	6:45 PM	Feb 29	Apr 18		FREE	FREE	--	Gym
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Feb 26	Apr 15		FREE	FREE	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Feb 27	Apr 16		FREE	FREE	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Feb 28	Apr 17		FREE	FREE	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Mar 1	Apr 19		FREE	FREE	--	Gym
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Mar 2	Apr 20	Mar 30	FREE	FREE	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Feb 29	Apr 15		FREE	FREE	--	Gym

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	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		--	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