



SP24 GROUP FITNESS

SPRING 2024 • April 22 - June 16

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	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Apr 23	Jun 11		FREE	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		FREE	\$39.50	Christine M.	Virtual
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$49.50	Christine M.	Virtual
Pilates	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12		\$31.50	\$63.00	Heidi B.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 14		FREE	\$39.50	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Sarah G	Virtual
Yoga-Beg/Int.	Wed	9:00 AM	10:15 AM	Apr 24	Jun 12		\$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-Ballet	Wed	9:00 AM	9:45 AM	Apr 24	Jun 12		\$31.50	\$63.00	Mae	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Apr 23	Jun 11		\$31.50	\$63.00	Liz / Mae	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Apr 25	Jun 13	May 16	\$31.50	\$63.00	Liz /Mae	Studio C
Yoga- Beginner/Int.	Tue	5:30 PM	6:30 PM	Apr 23	Jun 11		\$31.50	\$63.00	Courtney D.	Studio C
Pilates	Mon	8:00 AM	8:45 AM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Mae D.	Studio C
Pilates	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12		\$31.50	\$63.00	Mae D.	Studio C



CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio-Kickboxing	Mon	10:15 AM	11:00 AM	Apr 29	Jun 10	May 27	\$14.00	\$56.00	Owen A.	Studio A
Core & More	Fri	9:30 AM	10:15 AM	Apr 26	Jun 14		\$14.00	\$56.00	Owen A.	Studio A
Cycle	Wed	8:00 AM	8:45 AM	Apr 24	Jun 12		\$22.50	\$56.00	Catherine R.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Apr 26	Jun 14		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Apr 23	Jun 11		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Apr 25	Jun 13		\$22.50	\$56.00	Stephan R.	Studio B
Cycle-Teen (Ages 13-18)	Mon	4:15 PM	5:00 PM	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Eric S.	Studio B
Cycle-Teen (Ages 13-18)	Wed	4:15 PM	5:00 PM	Apr 24	Jun 12		\$22.50	\$56.00	Eric S.	Studio B
Step	Fri	7:00 AM	8:00 AM	May 10	Jun 14		FREE	\$39.50	Lesley A.	Studio A
Step	Wed	5:45 PM	6:15 PM	Apr 24	Jun 12		FREE	\$28.00	Jana R.	Studio A
Tabata	Thu	5:45 PM	6:15 PM	Apr 25	Jun 13		\$14.00	\$56.00	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Apr 25	Jun 13	May 16	\$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	Apr 22	Jun 10	May 27	\$22.50	\$56.00	Heather G.	Gym	
BodyPump™	Tue	8:00 AM	9:00 AM	Apr 23	Jun 11		\$22.50	\$56.00	Amy J.	Gym	
BodyPump™	Tue	4:30 PM	5:30 PM	Apr 23	Jun 11		\$22.50	\$56.00	Chris H.	Studio A	
BodyPump™	Wed	8:15 AM	9:15 AM	Apr 24	Jun 12		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Thu	8:00 AM	9:00 AM	Apr 25	Jun 13	May 16	\$22.50	\$56.00	Amy J.	Gym	
BodyPump™	Fri	8:15 AM	9:15 AM	Apr 26	Jun 14		\$22.50	\$56.00	Amie B.	Gym	
BodyPump™	Sat	9:00 AM	10:00 AM	Apr 27	Jun 15		\$22.50	\$56.00	Rotation	Gym	
Circuit Training-	Wed	7:00 AM	7:45 AM	Apr 24	Jun 12		\$22.50	\$56.00	Bailey C.	Gym	
Flex Power-	Fri	8:30 AM	9:15 AM	May 3	Jun 14	Apr 26	\$14.00	\$56.00	Bailey C.	Studio A	
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Bonnie S.	Studio A	
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Apr 24	Jun 12		\$14.00	\$56.00	Bonnie S.	Studio A	
Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Apr 26	Jun 14		FREE	\$39.50	Bailey C.	Gym	
55+ Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Apr 24	Jun 12		FREE	\$39.50	Bailey C.	Gym	
55+ Silver Sneakers BOOM MUSCLE	Mon	10:15 AM	11:00 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Kim D.	Gym	
35+ Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Apr 23	Jun 11		FREE	\$39.50	Kim D.	Gym	
35+ Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 25	Jun 13	May 16	FREE	\$39.50	Kim D.	Gym	
W.O.W. (Women on-Weights) Level 1	Tue	9:15 AM	10:00 AM	Apr 23	Jun 11		\$34.00	\$68.00	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	Apr 23	Jun 11		FREE	\$39.50	Mary G.	Pool	
55+ Aqualite	Thu	8:00 AM	9:00 AM	Apr 25	Jun 13		FREE	\$39.50	Mary G.	Pool	
AquaYoga	Tue	9:15 AM	10:00 AM	Apr 23	Jun 11		\$31.50	\$63.00	Lisa G.	Pool	
AquaYoga	Thu	9:15 AM	10:00 AM	Apr 25	Jun 13	May 16	\$31.50	\$63.00	Lisa G.	Pool	
Pilaqua	Mon	9:00 AM	10:05 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Mary G.	Pool	
Pilaqua	Wed	9:00 AM	10:05 AM	Apr 24	Jun 12		\$14.00	\$56.00	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	Apr 23	Jun 13	May 16	\$14.00	\$28.00	Amy J. /DCMC	Gym
 Twinges	Thu	10:00 AM	10:30 AM	Apr 25	Jun 13	May 16	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	9:15 AM	10:00 AM	Apr 23	Jun 11		\$34.00	\$68.00	Bailey C.	LSC

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	\$60.00	Kane Center
(3) 60-minute or (6) 30-minute sessions of training	\$155.00	Kane Center
(6) 60-minute or (12) 30-minute sessions of training	\$295.00	Kane Center
(10) 60-minute or (20) 30-minute sessions of training	\$455.00	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	Apr 22	Jun 10	May 27	\$65.00	\$85.00	Amie B.	LSC
Small group (3-5 people)	Wed	7:00 AM	8:00 AM	Apr 24	Jun 12		\$65.00	\$85.00	Amie B.	LSC
Small group (3-5 people)	Wed	5:30 PM	6:30 PM	Apr 24	Jun 12		\$65.00	\$85.00	Amie B.	LSC
Small group (3-5 people)	Thu	5:30 PM	6:30 PM	Apr 25	Jun 13		\$65.00	\$85.00	Amie B.	LSC
Small group (3-5 people)	Sat	7:30 AM	8:30 AM	Apr 27	Jun 15		\$65.00	\$85.00	Amie B.	LSC

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	Apr 22	Jun 10	May 27	FREE	Day Pass	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Apr 23	Jun 11		FREE	Day Pass	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Apr 24	Jun 12		FREE	Day Pass	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Apr 26	Jun 14		FREE	Day Pass	--	Gym
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Apr 27	Jun 15		FREE	Day Pass	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Apr 22	Jun 10	May 27	FREE	Day Pass	--	Gym
Adult Pickup Basketball	Tue	6:00 PM	7:00 PM	Apr 23	Jun 11		FREE	Day Pass	--	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	Apr 22, May 6, May 20, Jun 10	--	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