



# F124 GROUP FITNESS

Fall 1 2024 • September 3 - October 27

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	Sept 5	Oct 24		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						<b>Free</b>	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22		<b>Free</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						<b>Free</b>	\$39.50	Abby T.	Virtual
Step	Previously recorded classes available! Register to receive						<b>Free</b>	\$39.50	Stephanie K.	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
Pilates	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Mae D.	Studio C
<del>Pilates</del>	<del>Tue</del>	<del>7:45 AM</del>	<del>8:45 AM</del>	<del>Sept 3</del>	<del>Oct 22</del>		<del>\$34.00</del>	<del>\$68.00</del>	<del>Lisa G.</del>	<del>Studio C</del>
<del>Pilates</del>	<del>Thu</del>	<del>7:45 AM</del>	<del>8:45 AM</del>	<del>Sept 5</del>	<del>Oct 24</del>		<del>\$34.00</del>	<del>\$68.00</del>	<del>Lisa G.</del>	<del>Studio C</del>
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Jeff S.	Studio C
<del>Tai Chi Movement</del>	<del>Thu</del>	<del>4:00 PM</del>	<del>5:00 PM</del>	<del>Sept 5</del>	<del>Oct 24</del>		<del>\$34.00</del>	<del>\$68.00</del>	<del>Jeff S.</del>	<del>Studio C</del>
Tai Chi Movement	Fri	9:00 AM	10:00 AM	Sept 6	Oct 25		\$34.00	\$68.00	Jeff S.	Studio C
Yoga-Aqua	Thu	9:15 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Lisa G.	Pool
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Sept 3	Oct 22		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Chair	Tue	10:15 AM	11:00 AM	Sept 3	Oct 22		\$34.00	\$68.00	Mynn L.	Studio C

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Core & More	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2 & 30	\$10.50	\$42.00	Owen A.	Studio A
Core & More	Fri	9:00 AM	9:45 AM	Sept 6	Oct 25	Sept 27	\$14.00	\$56.00	Owen A.	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Sverre F.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Sept 4	Oct 23		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Sept 6	Oct 25		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Sept 3	Oct 22		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Sept 5	Oct 24		\$22.50	\$56.00	Stephan R.	Studio B
Step	Fri	7:00 AM	8:00 AM	Sept 6	Oct 25		<b>FREE</b>	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Sept 4	Oct 23		<b>FREE</b>	\$39.50	Jana R.	Studio A
Tone & Flow	Thu	8:00 AM	8:45 AM	Sept 5	Oct 24		\$22.50	\$56.00	Amy J.	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 9	Oct 21	Sept 2	\$34.00	\$68.00	Heather G.	Gym

<b>BodyPump™</b>	<b>Tue</b>	<b>8:00-AM</b>	<b>9:00-AM</b>	<b>Sept 3</b>	<b>Oct 22</b>		<b>\$34.00</b>	<b>\$68.00</b>	<b>Amy J.</b>	<b>Studio-A</b>
BodyPump™	Tue	4:30 PM	5:30 PM	Sept 3	Oct 22		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Sept 4	Oct 23		\$34.00	\$68.00	Amie B.	Gym
<b>BodyPump™</b>	<b>Thu</b>	<b>8:00-AM</b>	<b>9:00-AM</b>	<b>Sept 5</b>	<b>Oct 24</b>		<b>\$34.00</b>	<b>\$68.00</b>	<b>Amy J.</b>	<b>Gym</b>
BodyPump™	Fri	8:15 AM	9:15 AM	Sept 6	Oct 25		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Sept 7	Oct 26		\$34.00	\$68.00	Rotation	Gym
ForeverWell Strength	Mon	9:00 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:00 AM	10:00 AM	Sept 4	Oct 23		\$14.00	\$56.00	Bonnie S.	Studio A
Silver & Fit Experience	Mon	10:15 AM	11:00 AM	Sept 9	Oct 21	Sept 2	<b>FREE</b>	\$39.50	Kim / Bailey	Gym
Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Sept 4	Oct 23		<b>FREE</b>	\$39.50	Kim / Bailey	Gym
Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Sept 6	Oct 25		<b>FREE</b>	\$39.50	Bailey C.	Gym
Silver Sneakers Classic	Tue	9:15 AM	10:00 AM	Sept 3	Oct 22		<b>FREE</b>	\$39.50	Mynn L.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Kim / Bailey	Gym

**WATER FITNESS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Sept 3	Oct 22		<b>FREE</b>	\$39.50	Mary G.	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Sept 4	Oct 23		\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Sept 6	Oct 25		\$14.00	\$56.00	Diana W.	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bill W.	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Sept 6	Oct 25		\$14.00	\$56.00	Bill W.	Pool
Yoga-Aqua	Thu	9:15 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Lisa G.	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 3	Oct 24		\$14.00	\$28.00	Amy J. /DCMC	Gym
Twinges	Thu	10:00 AM	10:30 AM	Sept 5	Oct 24		<b>FREE</b>	\$39.50	Bonnie S.	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		\$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 Aqua (3-5 people)	Tue	9:15 AM	10:00 AM	Sept 3	Oct 22		\$65.00	--	Lisa G.	LSC

**ADULT RECREATION & SPORTS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pickleball Beginner/Intermediate	Mon	5:00 PM	6:30 PM	Sept 9	Oct 21	Sept 2	<b>FREE</b>	<b>FREE</b>	--	Gym

**SOCIAL ENGAGEMENT**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month		--	<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
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday		<b>FREE</b>	<b>FREE</b>		Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Sept 25, Oct 30th	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Together Thursday	Thu	12:00 PM	1:00 PM	Sept 19th, Oct 17th		<b>FREE</b>	<b>FREE</b>		Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	Sept 9th, 23rd, Oct 14th, 28th	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Sept 18th, Oct 16th	--	<b>FREE</b>	<b>FREE</b>	--	Social Lounge