



S24 GROUP FITNESS

Summer 2025 • June 16 - August 29

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	Jun 19	Aug 28		\$19.00	\$77.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$54.00	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 17	Aug 26		FREE	\$54.00	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$54.00	Abby T.	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	Fri	9:00 AM	9:45 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Owen	Studio A
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Jun 16	Aug 25		\$47.00	\$93.50	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Jun 17	Aug 26		\$47.00	\$93.50	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jun 19	Aug 28		\$47.00	\$93.50	Liz H.	Studio C
Yoga - Chair	Tue	10:30 AM	11:30 AM	Jun 17	Aug 26		\$47.00	\$93.50	Mynn L.	Studio C
Yoga - Flow	Thu	8:15 AM	9:15 AM	Jun 19	Aug 28		\$47.00	\$93.50	Amie B.	Studio A
Yoga - Outdoor Anderson Dock, Ephraim	Sat	10:00 AM	11:00 AM	Jun 21	Aug 30	Jul 5	\$47.00	\$93.50	Alissa S.	Anderson Dock

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle	Mon	8:00 AM	8:45 AM	Jun 16	Aug 25		\$31.00	\$77.00	Sverre	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jun 17	Aug 26		\$31.00	\$77.00	Stephan R.	Studio B
Cycle	Wed	8:00 AM	9:00 AM	Jun 18	Aug 27		\$31.00	\$77.00	Catherine	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jun 19	Aug 28		\$31.00	\$77.00	Stephan R.	Studio B
Cycle	Fri	8:15 AM	9:15 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Katie M.	Studio B
Cycle Express	Wed	5:15 PM	5:45 PM	Jun 18	Aug 27		\$31.00	\$77.00	Jana R.	Studio B
Dance Fit	Wed	4:00 PM	5:00 PM	Jun 18	Aug 27		\$19.50	\$77.00	Owen	Studio C
Silver Dance Fit	Fri	10:15 AM	11:15 AM	Jun 20	Aug 29	Jul 4	\$19.50	\$77.00	Leslie W.	Studio C
Step	Fri	7:45 AM	8:45 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Lesley A.	Studio A

STRENGTH/CONDITIONING

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	BodyPump™	Mon	6:15 AM	7:15 AM	Jun 16	Aug 25		\$47.00	\$93.50	Chris H.	Gym
	BodyPump™	Mon	8:15 AM	9:15 AM	Jun 16	Aug 25		\$47.00	\$93.50	Heather G.	Gym
	BodyPump™	Wed	8:15 AM	9:15 AM	Jun 18	Aug 27		\$47.00	\$93.50	Amie B.	Gym
	BodyPump™	Fri	6:15 AM	7:15 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Chris H.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Jun 21	Aug 30	Jul 5	\$47.00	\$93.50	Rotation	Gym
55+	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Jun 16	Aug 25		\$19.50	\$77.00	Bonnie S.	Studio A
55+	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Jun 18	Aug 27		\$19.50	\$77.00	Bonnie S.	Studio A
55+	Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Jun 18	Aug 27		FREE	\$54.00	Sue	Gym
55+	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 16	Aug 25		FREE	\$54.00	Andrea S.	Gym
	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Jun 17	Aug 26		FREE	\$54.00	Mynn L	Gym
55+	Silver Sneakers Classic	Wed	10:15 AM	11:00 AM	Jun 19	Aug 28		FREE	\$54.00	Laura C.	Gym
55+	Silver Sneakers Stability	Fri	9:30 AM	10:15 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.00	Laura C.	Gym

WATER FITNESS

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Aqualite	Tue	8:00 AM	9:00 AM	Jun 17	Aug 26		FREE	\$54.00	Mary G.	Pool
55+	Aqualite	Thu	8:00 AM	9:00 AM	Jun 19	Aug 28		FREE	\$54.00	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Jun 16	Aug 25		\$19.50	\$77.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Jun 18	Aug 27		\$19.50	\$77.00	Mary G.	Pool
	Small Group Yoga-Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Jun 17	Aug 26		\$90.00	--	Lisa G.	Pool

SPECIALTY PROGRAMMING

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Jun 17	Aug 28		\$19.50	\$38.00	Laura C.	Gym
55+	Twinges	Thu	10:00 AM	10:30 AM	Jun 19	Aug 28		FREE	\$54.00	Bonnie S.	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	\$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 Personal Training (3-5 people)	Tue	5:00 PM	6:00 PM	Jun 17	Aug 26		\$90.00	N/A	Amanda S	LSC
	Small Group Personal Training (3-5 people)	Sat	9:00 AM	10:00 AM	Jun 21	Aug 30	Jul 5	\$90.00	N/A	Amanda S	Studio B
	Small Group Aqua (3-5 people)	Tue	9:15 AM	10:00 AM	Jun 17	Aug 26		\$90.00	N/A	Lisa G.	Pool

	ADULT RECREATION & SPORTS										
	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Jun 17	Aug 26		FREE		--	Gym
	SOCIAL ENGAGEMENT										
	CLASS	DAY	START	END			NO CLASS	MEMBER	COMM.	INST	LOC
	Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month			FREE	FREE	--	Social Lounge
	Mahjongg- All Levels	Fri	11:00 AM	1:00 PM	All Levels Every Friday			FREE	FREE	--	Studio A
	Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday			FREE	FREE	--	Studio A
	Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Jun 25, Jul 30			FREE	FREE	--	Studio A
	Together Days	Thu	12:00 PM	1:00 PM	See FW Newsletter			FREE	FREE	--	Studio A
	Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday of the month			FREE	FREE	--	Studio A
	Wisdom Wednesday	Wed	11:00 AM	12:30 PM	See FW Newsletter			FREE	FREE	--	Studio A