



# S26 GROUP FITNESS

Summer 2026 • June 15 - August 23

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 18 | Aug 20 |          | \$20.00     | \$75.00 | Mary Claire M.              | Virtual |
| Healthy Choice          | Previously recorded classes available! Register to receive |          |          |        |        |          | <b>FREE</b> | \$75.00 | Sarah G./<br>Mary Claire M. | Virtual |
| Land Arthritis          | Tue                                                        | 10:30 AM | 11:15 AM |        |        |          | <b>FREE</b> | \$75.00 | Becky A.                    | Virtual |
| Silver Sneakers Classic | Previously recorded classes available! Register to receive |          |          |        |        |          | <b>FREE</b> | \$75.00 | Staff                       | Virtual |

**\*4 person minimum for a virtual class to run**

## Y'S WEIGHT LOSS PROGRAM

A 12-week weight loss program with no gimmicks and no restrictive approaches-just tools you need to make the necessary changes to achieve your wellness goals. Our program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge. Contact Tess J. for more details

| PACKAGE OPTIONS         | DAY | START | END | START | END | NO CLASS | MEMBER | COMM. | INST    | LOC |
|-------------------------|-----|-------|-----|-------|-----|----------|--------|-------|---------|-----|
| Y's Weight Loss Program |     |       |     |       |     |          |        |       | Tess J. |     |

## PERSONAL TRAINING (MEMBERS ONLY)

**VIRTUAL OPTIONS ARE ALSO AVAILABLE Sessions expire one year after date of purchase**

| PACKAGE OPTIONS                                       | MEMBER      | COMM. | INST | LOC         |
|-------------------------------------------------------|-------------|-------|------|-------------|
| 15-minute consultation (One time, for members only)   | <b>FREE</b> | --    | --   | Kane Center |
| (1) 60-minute session OR (2) 30-minute sessions       | \$63.00     | --    | --   | Kane Center |
| (3) 60-minute or (6) 30-minute sessions of training   | \$163.00    | --    | --   | Kane Center |
| (6) 60-minute or (12) 30-minute sessions of training  | \$310.00    | --    | --   | Kane Center |
| (10) 60-minute or (20) 30-minute sessions of training | \$479.00    | --    | --   | Kane Center |

## SMALL GROUP PERSONAL TRAINING

| CLASS                                                 | DAY            | START              | END                 | START             | END               | NO CLASS | MEMBER             | COMM.          | INST                 | LOC                 |
|-------------------------------------------------------|----------------|--------------------|---------------------|-------------------|-------------------|----------|--------------------|----------------|----------------------|---------------------|
| Small Group Personal Training (3-6 people)            | Wed            | 4:00 PM            | 5:00 PM             | Jun 17            | Aug 19            |          | \$82.00            | N/A            | Amanda S.            | Studio B            |
| <del>Small Group Personal Training (3-6 people)</del> | <del>Sat</del> | <del>9:00 AM</del> | <del>10:00 AM</del> | <del>Jun 20</del> | <del>Aug 22</del> |          | <del>\$82.00</del> | <del>N/A</del> | <del>Amanda S.</del> | <del>Studio B</del> |

## BODY, MIND & SPIRIT

| CLASS                             | DAY            | START              | END                | START             | END               | NO CLASS                      | MEMBER             | COMM.              | INST               | LOC                 |
|-----------------------------------|----------------|--------------------|--------------------|-------------------|-------------------|-------------------------------|--------------------|--------------------|--------------------|---------------------|
| Pilates                           | Wed            | 9:00 AM            | 9:45 AM            | Jun 17            | Aug 19            |                               | \$45.00            | \$90.00            | Owen A.            | Studio C            |
| Pilates                           | Fri            | 9:00 AM            | 9:45 AM            | Jun 19            | Aug 21            |                               | \$45.00            | \$90.00            | Owen A.            | Studio A            |
| <del>Stretch and Relaxation</del> | <del>Wed</del> | <del>5:15 PM</del> | <del>5:45 PM</del> | <del>Jun 17</del> | <del>Aug 19</del> |                               | <del>\$45.00</del> | <del>\$90.00</del> | <del>Jana R.</del> | <del>Studio C</del> |
| Tai Chi Movement                  | Mon            | 9:00 AM            | 10:00 AM           | Jun 15            | Aug 17            |                               | \$45.00            | \$90.00            | Jeff S.            | Studio C            |
| Tai Chi Movement 2                | Fri            | 9:00 AM            | 10:00 AM           | Jun 19            | Aug 21            |                               | \$45.00            | \$90.00            | Jeff S.            | Studio C            |
| Yoga- Flow                        | Mon            | 8:15 AM            | 9:15 AM            | Jun 15            | Aug 17            |                               | \$45.00            | \$90.00            | Amie W             | Anderson Dock       |
| <del>Yoga-Beginner/Int.</del>     | <del>Mon</del> | <del>7:30 AM</del> | <del>8:30 AM</del> | <del>Jun 29</del> | <del>Aug 17</del> | <del>Jun 15-<br/>Jun 22</del> | <del>\$36.00</del> | <del>\$72.00</del> | <del>Kim D.</del>  | <del>Studio C</del> |
| Yoga- Beginner/Int.               | Tue            | 9:00 AM            | 10:00 AM           | Jun 16            | Aug 18            |                               | \$45.00            | \$90.00            | Liz H.             | Studio C            |
| Yoga- Beginner/Int.               | Thu            | 9:00 AM            | 10:00 AM           | Jun 18            | Aug 20            |                               | \$45.00            | \$90.00            | Liz H.             | Studio C            |

|     |                     |     |          |          |        |        |        |         |         |         |          |
|-----|---------------------|-----|----------|----------|--------|--------|--------|---------|---------|---------|----------|
|     | Yoga- Beginner/Int. | Fri | 7:30 AM  | 8:30 AM  | Jun 26 | Aug 21 | Jun 19 | \$45.00 | \$90.00 | Kim D.  | Studio C |
| 35+ | Chair Yoga          | Tue | 10:30 AM | 11:30 AM | Jun 16 | Aug 18 |        | \$45.00 | \$90.00 | Mynn L. | Studio C |

**CARDIO**

|     | CLASS                            | DAY | START    | END      | START  | END    | NO CLASS | MEMBER             | COMM.              | INST                  | LOC                 |
|-----|----------------------------------|-----|----------|----------|--------|--------|----------|--------------------|--------------------|-----------------------|---------------------|
|     | Cycle                            | Mon | 8:00 AM  | 9:00 AM  | Jun 15 | Aug 17 |          | \$28.50            | \$75.00            | Sverre F.             | Studio B            |
|     | Cycle                            | Tue | 6:30 AM  | 7:30 AM  | Jun 16 | Aug 18 |          | <del>\$28.50</del> | <del>\$75.00</del> | <del>Stephan R.</del> | <del>Studio B</del> |
|     | Cycle                            | Thu | 6:30 AM  | 7:30 AM  | Jun 18 | Aug 20 |          | <del>\$28.50</del> | <del>\$75.00</del> | <del>Stephan R.</del> | <del>Studio B</del> |
|     | Cycle                            | Thu | 8:00 AM  | 9:00 AM  | Jun 18 | Aug 20 |          | \$28.50            | \$75.00            | Eric S.               | Studio B            |
|     | Cycle and Stretch                | Fri | 8:15 AM  | 9:15 AM  | Jun 19 | Aug 21 |          | \$28.50            | \$75.00            | Katie M.              | Studio B            |
| 35+ | Silver Dance-Fit                 | Wed | 10:00 AM | 11:00 AM | Jun 17 | Aug 19 |          | <del>\$20.00</del> | <del>\$75.00</del> | <del>Leslie G.</del>  | <del>Studio C</del> |
| 35+ | Step                             | Fri | 7:45 AM  | 8:45 AM  | Jun 19 | Aug 21 |          | <b>FREE</b>        | \$75.00            | Lesley A.             | Studio A            |
| 35+ | Zumba Gold -- Limited Time Offer | Thu | 9:45 AM  | 10:45 AM | Jun 4  | Jul 2  |          | Daily Fee          | Daily Fee          | Robin S.              | 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 15 | Aug 17 |          | \$45.00            | \$90.00            | Chris H.            | Gym                 |
|     | BodyPump™                   | Mon | 8:15 AM  | 9:15 AM  | Jun 15 | Aug 17 |          | \$45.00            | \$90.00            | Heather G.          | Gym                 |
|     | BodyPump™                   | Wed | 8:15 AM  | 9:15 AM  | Jun 17 | Aug 19 |          | \$45.00            | \$90.00            | Amie W.             | Gym                 |
|     | BodyPump™                   | Fri | 6:15 AM  | 7:15 AM  | Jun 19 | Aug 21 |          | \$45.00            | \$90.00            | Chris H.            | Gym                 |
|     | BodyPump™                   | Fri | 8:15 AM  | 9:15 AM  | Jun 19 | Aug 21 |          | \$45.00            | \$90.00            | Amie W.             | Gym                 |
|     | BodyPump™                   | Sat | 9:00 AM  | 10:00 AM | Jun 20 | Aug 22 | Jul 4    | \$45.00            | \$90.00            | Rotation            | Gym                 |
| 35+ | ForeverWell Strength        | Mon | 9:00 AM  | 10:00 AM | Jun 15 | Aug 17 |          | \$20.00            | \$75.00            | Bonnie S.           | Studio A            |
| 35+ | ForeverWell Strength        | Wed | 9:00 AM  | 10:00 AM | Jun 17 | Aug 19 |          | \$20.00            | \$75.00            | Bonnie S.           | Studio A            |
|     | Power Lift                  | Thu | 6:15 AM  | 7:15 AM  | Jun 25 | Aug 20 | Jun 18   | <del>\$45.00</del> | <del>\$90.00</del> | <del>Amie W.</del>  | <del>Studio C</del> |
|     | Power Lift                  | Thu | 8:15 AM  | 9:15 AM  | Jun 25 | Aug 20 | Jun 18   | \$45.00            | \$90.00            | Amie W.             | Studio A            |
|     | Power Lift                  | Sun | 9:15 AM  | 10:15 AM | Jun 21 | Aug 23 |          | \$45.00            | \$90.00            | Amie W.             | Studio C            |
| 35+ | Silver Sneakers Classic     | Mon | 10:15 AM | 11:00 AM | Jun 15 | Aug 17 |          | <b>FREE</b>        | \$75.00            | Andrea              | Gym                 |
| 35+ | Silver & Fit Experience     | Mon | 11:15 AM | 12:00 PM | Jun 15 | Aug 17 |          | <b>FREE</b>        | \$75.00            | Laura C.            | Gym                 |
| 35+ | Silver Sneakers Stability   | Tue | 8:30 AM  | 9:15 AM  | Jun 16 | Aug 18 |          | <del>FREE</del>    | <del>\$75.00</del> | <del>Amy I.</del>   | <del>Gym</del>      |
| 35+ | Silver Sneakers Classic     | Tue | 9:30 AM  | 10:15 AM | Jun 16 | Aug 18 |          | <b>FREE</b>        | \$75.00            | Mynn L.             | Gym                 |
| 35+ | Silver Sneakers Stability   | Wed | 10:15 AM | 11:00 AM | Jun 17 | Aug 19 |          | <b>FREE</b>        | \$75.00            | Laura C.            | Gym                 |
| 35+ | Silver Sneakers Classic     | Wed | 11:15 AM | 12:00 PM | Jun 17 | Aug 19 |          | <b>FREE</b>        | \$75.00            | Laura C.            | Gym                 |
| 35+ | Silver Sneakers Classic     | Thu | 8:30 AM  | 9:15 AM  | Jun 18 | Aug 20 |          | <del>FREE</del>    | <del>\$75.00</del> | <del>Laura C.</del> | <del>Gym</del>      |
| 35+ | Silver & Fit Experience     | Thu | 9:30 AM  | 10:15 AM | Jun 18 | Aug 20 |          | <b>FREE</b>        | \$75.00            | Laura C.            | Gym                 |
| 35+ | Silver Sneakers BOOM MUSCLE | Fri | 9:45 AM  | 10:30 AM | Jun 19 | Aug 21 | Jul 3    | <b>FREE</b>        | \$75.00            | Laura C.            | Gym                 |

**WATER FITNESS**

|     | CLASS    | DAY | START   | END      | START  | END    | NO CLASS | MEMBER      | COMM.   | INST    | LOC  |
|-----|----------|-----|---------|----------|--------|--------|----------|-------------|---------|---------|------|
| 35+ | Aqualite | Tue | 8:00 AM | 9:00 AM  | Jun 16 | Aug 18 |          | <b>FREE</b> | \$75.00 | Mary G. | Pool |
| 35+ | Aqualite | Thu | 8:00 AM | 9:00 AM  | Jun 18 | Aug 20 |          | <b>FREE</b> | \$75.00 | Mary G. | Pool |
|     | Pilaqua  | Mon | 9:00 AM | 10:05 AM | Jun 15 | Aug 17 |          | \$20.00     | \$75.00 | Mary G. | Pool |
|     | Pilaqua  | Wed | 9:00 AM | 10:05 AM | Jun 17 | Aug 19 |          | \$20.00     | \$75.00 | Mary G. | Pool |
|     | Pilaqua  | Fri | 9:00 AM | 10:05 AM | Jun 19 | Aug 21 |          | \$20.00     | \$75.00 | Mary H. | Pool |

**SPECIALTY PROGRAMMING**

|     | CLASS            | DAY  | START    | END      | START  | END    | NO CLASS | MEMBER      | COMM.   | INST      | LOC  |
|-----|------------------|------|----------|----------|--------|--------|----------|-------------|---------|-----------|------|
| 35+ | Knee & Hip Joint | T/Th | 11:15 AM | 12:00 PM | Jun 16 | Aug 20 |          | \$20.00     | \$40.00 | Laura C.  | Gym  |
|     | Twinges          | Thu  | 10:00 AM | 10:30 AM | Jun 18 | Aug 20 |          | <b>FREE</b> | \$75.00 | Bonnie S. | Pool |

**ADULT RECREATION & SPORTS**

|  | CLASS                     | DAY              | START   | END     | START  | END    | NO CLASS | MEMBER      | COMM.     | INST | LOC |
|--|---------------------------|------------------|---------|---------|--------|--------|----------|-------------|-----------|------|-----|
|  | Beginner Pickleball Class | Returning Fall 1 |         |         |        |        |          |             |           |      |     |
|  | Beginner/Inter Pickleball | Mon              | 4:30 PM | 6:00 PM | Jun 1  | Aug 17 |          | <b>FREE</b> | Daily Fee | --   | Gym |
|  | Pick Up Basketball Games  | Tue              | 5:00 PM | 6:00 PM | Jun 16 | Aug 18 |          | <b>FREE</b> | Daily Fee | --   | Gym |

|  | SOCIAL ENGAGEMENT       |     |          |          |                                |             |        |       |      |               |
|--|-------------------------|-----|----------|----------|--------------------------------|-------------|--------|-------|------|---------------|
|  | CLASS                   | DAY | START    | END      |                                | NO<br>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  | Evey Tuesday                   |             | FREE   | FREE  | --   | Studio A      |
|  | Tech Talks with Quantum | Wed | 11:00 AM | 12:30 PM | Jun 24, Jul 29                 |             | 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      |