



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 2017 Spring Session

## Northern Door Program Center

### April 24th - June 18th

3866 Gibraltar Rd  
Fish Creek, WI 54212  
(920) 8683660

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>BodyPump™</b> Studio A Amy J. 6am - 7am	<b>Cycle</b> Studio B Don H. 6am - 7am	<b>Yoga 1 &amp; 2</b> Studio C Brenda R. 6am - 6:55am	<b>Cycle</b> Studio B Don H. 6am - 7am	<b>BodyPump™</b> Studio A Amy J. 6am - 7am		
		<b>High School Strength and Conditioning</b> Lifestyle Center Nick L. 6:30am - 7:30am		<b>Step Express</b> Studio A Jana R. 6:30am - 7am			
				<b>High School Strength and Conditioning</b> Lifestyle Center Nick L. 6:30am - 7:30am			
7am	<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 7am - 9am	<b>Adult Dance - Tap Level 2</b> Studio C Carol H. 7:45am - 8:45am	<b>Step</b> Studio A By Rotation - Catherine R, Brenda R 7am - 8am	<b>Flex Power</b> Studio A Jana R. 7:10am - 7:55am	<b>Cycle</b> Studio B Jackson P. 7am - 8am		
			<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 7am - 9am	<b>Adult Dance - Tap Level 2</b> Studio C Carol H. 7:45am - 8:45am	<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 7am - 9am		
			<b>Silver and Fit Basic</b> Gymnasium Megan S. 7:30am - 8:15am				
			<b>Insanity</b> Studio C Theresa C.B. 7:30am - 8am				
8am	<b>Water Walkers</b> Aquatic Center No Instructor 8am - 9am	<b>Aqualite</b> Aquatic Center Mary G. 8am - 9am	<b>Water Walkers</b> Aquatic Center No Instructor 8am - 9am	<b>Aqualite</b> Aquatic Center Mary G. 8am - 9am	<b>Water Walkers</b> Aquatic Center No Instructor 8am - 9am	<b>CYP (Cardio, Yoga, Pilates)</b> Studio C Amy I. 8am - 9am	
	<b>Cycle</b> Studio B By Rotation - Tammy K., Sverre F. 8:10am - 9:10am	<b>Boom Fitness</b> Studio A Megan S. 8am - 8:30am	<b>Cycle</b> Studio B By Rotation - Tammy K., Jackson P. 8:10am - 9:10am	<b>Tabata Training</b> Gymnasium Amie B. 8:15am - 9:05am	<b>Cycle</b> Studio B By Rotation - Tammy K., Catherine R. 8:10am - 9:10am		
	<b>Step</b> Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am	<b>Tabata Training</b> Gymnasium Amie B. 8:15am - 9:05am	<b>BodyPump™</b> Studio A Amie B. 8:15am - 9:15am		<b>Step</b> Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am		
	<b>BodyPump™</b> Studio A Heather G. 8:15am - 9:15am		<b>Classical Stretch</b> Studio C Wendy C. 8:15am - 9:15am		<b>BodyPump™</b> Studio A Amie B. 8:15am - 9:15am		
			<b>Healthy Choice</b> Gymnasium Brenda R. 8:20am - 9:20am				

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9am	<b>Pilaqua</b> Aquatic Center Mary G. 9am - 10:05am	<b>Yoga - Beginner/Intermediate</b> Studio C By Rotation - Amy J., Liz H. 9am - 10am	<b>Pilaqua</b> Aquatic Center Mary G. 9am - 10:05am	<b>Yoga - Beginner/Intermediate</b> Studio C By Rotation - Amy J., Liz H. 9am - 10am	<b>Pilaqua</b> Aquatic Center Mary H. 9am - 10:05am	<b>BodyPump™</b> Studio A Amie B. 9am - 10am	
	<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 9am - 11am	<b>Silver Sneakers Classic</b> Gymnasium Trish B. 9:30am - 10:15am	<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 9am - 11am	<b>BodyPump™</b> Studio A By Rotation - Katy L, Lauren S 9:30am - 10:30am	<b>Summit Strength and Conditioning</b> Lifestyle Center Nick L. 9am - 11am		
	<b>Cycle Express</b> Studio B Annie B. 9:30am - 10am	<b>BodyPump™</b> Studio A Katy L. 9:30am - 10:30am	<b>Flex Power</b> Studio A Bonnie S. 9:30am - 10:30am	<b>Silver Sneakers Classic</b> Gymnasium Kay N. 9:30am - 10:15am	<b>Silver and Fit Basic</b> Gymnasium Megan S. 9:30am - 10:15am		
	<b>Flex Power</b> Studio A Bonnie S. 9:30am - 10:30am	<b>Bookwork Crafts</b> Social Lounge Jenny S. 9:30am - 10:15am	<b>PiYo® LIVE</b> Studio C Lauren S. 9:30am - 10:30am		<b>PiYo® LIVE</b> Studio C Lauren S. 9:30am - 10:30am		
	<b>Kiddie Kinetics</b> Gymnasium Jenny S. 9:30am - 10am		<b>Youth Dance - Freestyle</b> Gymnasium Jenny S. 9:30am - 10am				
			<b>Cycle Express</b> Studio B Annie B. 9:45am - 10:15am				
10am	<b>Yoga - Chair</b> Studio C By Rotation - Megan S., Kay N. 10am - 10:45am	<b>Stretch, Strengthen and Relaxation</b> Studio C Elizabeth C. 10:15am - 11:15am	<b>Senior Stretch &amp; Tone</b> Aquatic Center Bill W. 10:15am - 11:15am	<b>Knee/Hip Joint</b> Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am	<b>Twinges in the Hinges</b> Aquatic Center Brenda R. 10:30am - 11:15am		
	<b>Artsy Smartsy</b> Social Lounge Nick L. 10:20am - 11am	<b>KinderSports</b> Gymnasium Jenny S. 10:25am - 10:55am	<b>Simple Strength</b> Studio C Megan S. 10:40am - 11:25am				
	<b>Senior Stretch &amp; Tone</b> Aquatic Center Bill W. 10:30am - 11:30am	<b>Shrimp Dip</b> Aquatic Center Aquatic Staff 10:30am - 11am					
	<b>Simple Strength</b> Studio A Trish B. 10:40am - 11:25am	<b>Knee/Hip Joint</b> Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am					
11am	<b>Yoga - Functional</b> Studio C By Rotation - Megan S., Kay N. 11am - 12pm	<b>Adult Dance - Tap Intermediate</b> Studio C Carol H. 11:30am - 12:30pm	<b>Move Well</b> Studio C Elizabeth C. 11:35am - 12:35pm				

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	MON	TUE	WED	THU	FRI	SAT	SUN
12pm	<b>Pickleball</b> Gymnasium No Instructor 12pm - 2:30pm	<b>Pike/Eel Combo</b> Aquatic Center Aquatic Staff 12:15pm - 12:50pm	<b>Pickleball</b> Gymnasium No Instructor 12pm - 2:30pm		<b>Pickleball</b> Gymnasium No Instructor 12pm - 2:30pm		<b>BodyPump™</b> Studio A Chris H. 12pm - 1pm
		<b>Starfish</b> Aquatic Center Aquatic Staff 12:55pm - 1:30pm					
1pm		<b>Adult Dance - Tap Level 1</b> Studio C Carol H. 1pm - 2pm		<b>Spanish- Conversational</b> Social Lounge Amy R. 1pm - 2:30pm			
		<b>Home School Phy-Ed</b> Gymnasium Nick L. 1pm - 2:30pm					
3pm	<b>After School Program</b> Kid Care Various Instructors 3:30pm - 5:30pm	<b>After School Program</b> Kid Care Various Instructors 3:30pm - 5:30pm	<b>After School Program</b> Kid Care Various Instructors 3:30pm - 5:30pm	<b>After School Program</b> Kid Care Various Instructors 3:30pm - 5:30pm	<b>Goju Ryu Karate</b> Studio C Shaun K. 3:30pm - 5pm		
	<b>Poliwog 2</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm	<b>Swim Conditioning</b> Aquatic Center Aquatic Staff 3:45pm - 4:45pm	<b>Goju Ryu Karate</b> Studio C Shaun K. 3:30pm - 5pm	<b>Creative Movement</b> Studio C Elizabeth C. 3:45pm - 4:45pm	<b>After School Program</b> Kid Care Various Instructors 3:30pm - 5:30pm		
	<b>Guppy 1</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm	<b>Youth Sports - Hike/Pickleball</b> Gymnasium Various Instructors 3:45pm - 4:45pm	<b>Swim and Board 2</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm	<b>Youth Sports - Hike/Pickleball</b> Gymnasium Various Instructors 3:45pm - 4:45pm			
	<b>Poliwog 1</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm		<b>Middle School Strength and Conditioning</b> Lifestyle Center Nick L. 3:45pm - 4:45pm				
	<b>Guppy 2</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm		<b>Swim and Board</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm				
	<b>Minnow/Fish Combo</b> Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	<b>Middle School Strength and Conditioning</b> Lifestyle Center Nick L. 3:45pm - 4:45pm						
4pm	<b>Pike</b> Aquatic Center Aquatic Staff 4:35pm - 5:10pm	<b>BodyPump™</b> Studio A Chris H. 4:15pm - 5:15pm		<b>Cardio Kickboxing</b> Studio A Carrie M. 4:30pm - 5:05pm			

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	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Eel</b> Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
	<b>Starfish</b> Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
<b>5pm</b>	<b>Shrimp Dip</b> Aquatic Center Aquatic Staff 5:15pm - 5:45pm	<b>Step Express</b> Studio A Jana R. 5:30pm - 6pm	<b>BodyPump™</b> Studio A Chris H. 5:15pm - 6:15pm	<b>BodyPump™</b> Studio A Chris H. 5:15pm - 6:15pm			
	<b>Yoga 1</b> Studio C Brenda R. 5:30pm - 6:30pm						
<b>6pm</b>	<b>Adult Basketball</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Pickleball</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Adult Floorball</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Adult Basketball</b> Gymnasium No Instructor 6pm - 7:45pm			
		<b>Tabata Training</b> Gymnasium Jana R. 6:10pm - 6:55pm	<b>Adult Dance - Ballet</b> Studio C Amy I. 6:45pm - 7:45pm	<b>Adult Dance - Jazz/Hip Hop</b> Studio C Amy L. 6:45pm - 7:45pm			

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