



Spring Session (Rev. 5/11)

Northern Door Program Center

May 11th - June 18th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	BodyPump™ Studio A Amy J. 6am - 7am	Cycle Studio B Don H. 6am - 7am	Yoga 1 & 2 Studio C Brenda R. 6am - 6:55am	Cycle Studio B Don H. 6am - 7am	BodyPump™ Studio A Amy J. 6am - 7am		
		High School Strength and Conditioning Lifestyle Center Nick L. 6:30am - 7:30am		High School Strength and Conditioning Lifestyle Center Nick L. 6:30am - 7:30am			
7am	Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am	Adult Dance - Tap Level 2 Studio C Carol H. 7:45am - 8:45am	Step Studio A By Rotation - Catherine R, Brenda R 7am - 8am	Adult Dance - Tap Level 2 Studio C Carol H. 7:45am - 8:45am	Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am		
			Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am				
			Silver and Fit Basic Gymnasium Megan S. 7:30am - 8:15am				
8am	Water Walkers Aquatic Center No Instructor 8am - 9am	Aqualite Aquatic Center Mary G. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am	Aqualite Aquatic Center Mary G. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am	CYP (Cardio, Yoga, Pilates) Studio C Amy I. 8am - 9am	
	Cycle Studio B By Rotation - Tammy K., Sverre F. 8:10am - 9:10am	Boom Fitness Studio A Megan S. 8am - 8:30am	Cycle Studio B By Rotation - Tammy K., Jackson P. 8:10am - 9:10am	Tabata Training Gymnasium Amie B. 8:15am - 9:05am	Cycle Studio B By Rotation - Tammy K., Catherine R. 8:10am - 9:10am		
	Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am	Tabata Training Gymnasium Amie B. 8:15am - 9:05am	BodyPump™ Studio A Amie B. 8:15am - 9:15am		Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am		Classical Stretch Studio C Wendy C. 8:15am - 9:15am		BodyPump™ Studio A Amie B. 8:15am - 9:15am		
			Healthy Choice Gymnasium Brenda R. 8:20am - 9:20am				
9am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	Yoga - Beginner/Intermediate Studio C By Rotation - Amy J., Liz H. 9am - 10am	Zumba Sister Bay Village Hall Chandra J. 9am - 10am	Yoga - Beginner/Intermediate Studio C By Rotation - Amy J., Liz H. 9am - 10am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	BodyPump™ Studio A Amie B. 9am - 10am	

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	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Silver Sneakers Classic Gymnasium Trish B. 9:30am - 10:15am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	BodyPump™ Studio A By Rotation - Katy L, Lauren S 9:30am - 10:30am	Pilaqua Aquatic Center Mary H. 9am - 10:05am		
	Flex Power Studio A Bonnie S. 9:30am - 10:30am	BodyPump™ Studio A Katy L. 9:30am - 10:30am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	Silver Sneakers Classic Gymnasium Kay N. 9:30am - 10:15am	PiYo® LIVE Studio C Lauren S. 9:30am - 10:30am		
	Kiddie Kinetics Gymnasium Jenny S. 9:30am - 10am		Zumba Sister Bay Village Hall Chandra J. 9am - 10am		Silver and Fit Basic Gymnasium Megan S. 9:30am - 10:15am		
			Flex Power Studio A Bonnie S. 9:30am - 10:30am				
			PiYo® LIVE Studio C Lauren S. 9:30am - 10:30am				
			Cycle Express Studio B Annie B. 9:45am - 10:15am				
10am	Yoga - Chair Studio C By Rotation - Megan S., Kay N. 10am - 10:45am	Stretch, Strengthen and Relaxation Studio C Elizabeth C. 10:15am - 11:15am	Senior Stretch & Tone Aquatic Center Bill W. 10:15am - 11:15am	Knee/Hip Joint Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am	Twinges in the Hinges Aquatic Center Brenda R. 10:30am - 11:15am		
	Artsy Smartsy Social Lounge Nick L. 10:20am - 11am	Knee/Hip Joint Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am	Simple Strength Studio C Megan S. 10:40am - 11:25am				
	Senior Stretch & Tone Aquatic Center Bill W. 10:30am - 11:30am						
	Simple Strength Studio A Trish B. 10:40am - 11:25am						
11am	Yoga - Functional Studio C By Rotation - Megan S., Kay N. 11am - 12pm	Adult Dance - Tap Intermediate Studio C Carol H. 11:30am - 12:30pm	Move Well Studio C Elizabeth C. 11:35am - 12:35pm				
12pm	Pickleball Gymnasium No Instructor 12pm - 2:30pm	Pike/Eel Combo Aquatic Center Aquatic Staff 12:15pm - 12:50pm	Pickleball Gymnasium No Instructor 12pm - 2:30pm		Pickleball Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Chris H. 12pm - 1pm

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	MON	TUE	WED	THU	FRI	SAT	SUN
1pm		Starfish Aquatic Center Aquatic Staff 12:55pm - 1:30pm					
		Adult Dance - Tap Level 1 Studio C Carol H. 1pm - 2pm		Spanish- Conversational Social Lounge Amy R. 1pm - 2:30pm			
		Home School Phy-Ed Gymnasium Nick L. 1pm - 2:30pm					
3pm	After School Program Kid Care Various Instructors 3:30pm - 5:30pm	After School Program Kid Care Various Instructors 3:30pm - 5:30pm	After School Program Kid Care Various Instructors 3:30pm - 5:30pm	After School Program Kid Care Various Instructors 3:30pm - 5:30pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm		
	Polliwog 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Swim Conditioning Aquatic Center Aquatic Staff 3:45pm - 4:45pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm	Youth Sports - Hike/Pickleball Gymnasium Various Instructors 3:45pm - 4:45pm	After School Program Kid Care Various Instructors 3:30pm - 5:30pm		
	Guppy 1 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Youth Sports - Hike/Pickleball Gymnasium Various Instructors 3:45pm - 4:45pm	Swim and Board 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm				
	Polliwog 1 Aquatic Center Aquatic Staff 3:45pm - 4:30pm		Middle School Strength and Conditioning Lifestyle Center Nick L. 3:45pm - 4:45pm				
	Guppy 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm		Swim and Board Aquatic Center Aquatic Staff 3:45pm - 4:30pm				
	Minnow/Fish Combo Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	Middle School Strength and Conditioning Lifestyle Center Nick L. 3:45pm - 4:45pm						
4pm	Pike Aquatic Center Aquatic Staff 4:35pm - 5:10pm	BodyPump™ Studio A Chris H. 4:15pm - 5:15pm		Cardio Kickboxing Studio A Carrie M. 4:30pm - 5:05pm			

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

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