



Summer Session (Rev. 7/21)
Northern Door Program Center
July 21st - August 27th

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 - 7am	Cycle Studio B Don H. 6am - 7am	BodyPump™ Studio A Amy J. 6am - 7am		
7am	Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am	Core Strength Studio A Katie Y. 7:05am - 7:55am	Step Studio A Catherine R. 7am - 8am	Step Express Studio A Jana R. 7am - 7:30am	Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am		
	Insanity™/PiYo™ Studio C Theresa C.B. 7:25am - 8:05am	Cycle Express Studio B Brenda R. 7:40am - 8:10am	Summit Strength and Conditioning Lifestyle Center Nick L. 7am - 9am	Adult Dance - Tap Level 2 Studio C Carol H. 7:45am - 8:45am			
		Adult Dance - Tap Level 2 Studio C Carol H. 7:45am - 8:45am	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	Cycle Studio B Catherine R. 8am - 9am	Yoga/Pilates Studio C Amy I. 8am - 9am	
	Cycle Studio B Sverre F.-P. 8:10am - 9:10am	Yoga/Pilates Sister Bay Bandstand/Beach Amy J. 8am - 9am	Cycle Studio B Jackson P. 8:10am - 9:10am	Yoga/Pilates Sister Bay Bandstand/Beach Amy J. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am	Boom Fitness Studio A Megan S. 8am - 8:30am	Classical Stretch Studio C Wendy C. 8:15am - 9:15am	Cardio Kickboxing (starts 7/13) Studio A Mary W. 8:15am - 9:15am	Boot Camp Sister Bay Playground Brenda R. 8am - 9am		
	Step Studio C By Rotation - Bonnie/John/Mary 8:15am - 9:15am	Tabata Training Gymnasium Katie Y. 8:15am - 9:05am	BodyPump™ Studio A Amie B. 8:15am - 9:15am	Tabata Training Gymnasium Katie Y. 8:15am - 9:05am	BodyPump™ Studio A Amie B. 8:15am - 9:15am		
			Healthy Choice Gymnasium Brenda R. 8:20am - 9:20am	Cycle Express Studio B Brenda R. 8:45am - 9:15am	Step Studio C By Rotation - Bonnie/John/Mary 8:15am - 9:15am		
9am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	Yoga - Beginner/Intermediate Studio C Liz H. 9am - 10am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	Yoga - Beginner/Intermediate Studio C Liz C. 9am - 10am	Summit Strength and Conditioning Lifestyle Center Nick L. 9am - 11am	BodyPump™ Studio A Amie B. 9am - 10am	
	Zumba Sister Bay Performance Pavilion Chandra J. 9am - 10am	Silver Sneakers Classic Gymnasium Trish B. 9:30am - 10:15am	Zumba Sister Bay Performance Pavilion Chandra J. 9am - 10am	BodyPump™ Studio A By Rotation - Katy L, Lauren S 9:30am - 10:30am	Pilaqua Aquatic Center Mary H. 9am - 10:05am		

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	Pilaqua Aquatic Center Mary G. 9am - 10:05am	BodyPump™ Studio A Katy L. 9:30am - 10:30am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Silver Sneakers Classic Gymnasium Kay N. 9:30am - 10:15am	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		PiYo® LIVE Studio C Lauren S. 9:30am - 10:30am		
	Kiddie Kinetics Gymnasium Jenny S. 9:30am - 10:10am		Flex Power Studio A Bonnie S. 9:30am - 10:30am				
10am	Yoga - Chair Studio C 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 Studio A YMCA & DCMC Staff 10:40am - 11:25am			
	Artsy Smartsy Social Lounge Jenny S. 10:20am - 11:20am	Knee/Hip Joint Studio A 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						
11am	Yoga - Functional Studio C Kay N. 11am - 12pm		Move Well Studio C Elizabeth C. 11:35am - 12:35pm	Twinges Aquatic Center Brenda R. 11am - 11:45am			
12pm	Pickleball Gymnasium No Instructor 12pm - 2:30pm	Youth Tennis Lessons - Beginner Sister Bay Sports Complex Rae M. 12pm - 12:50pm	Pickleball Gymnasium No Instructor 12pm - 2:30pm		Pickleball Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Chris H. 12pm - 1pm
1pm		Youth Tennis Lessons - Intermediate/Advanced Sister Bay Sports Complex Rae M. 1pm - 1:50pm					
2pm		Adult Tennis Lessons Sister Bay Sports Complex Rae M. 2pm - 3pm					
3pm				Youth Dance - Creative Movement Studio C Elizabeth C. 3:45pm - 4:45pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm		

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	MON	TUE	WED	THU	FRI	SAT	SUN
4pm	Barre Studio C Mary W. 4:15pm - 5:15pm	Swim Conditioning Aquatic Center No Instructor 4pm - 5pm					
5pm	Cycle Circuit Studio B Brenda R. 5:30pm - 6:30pm	Step Express Studio A Jana R. 5:30pm - 6pm		BodyPump™ Studio A Chris H. 5:15pm - 6:15pm			
6pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm	Pickleball Gymnasium No Instructor 6pm - 7:45pm	Adult Floorball Gymnasium No Instructor 6pm - 7:45pm				
		Tabata Training Studio A Jana R. 6:10pm - 6:55pm	Adult Dance - Ballet Studio C Amy I. 6:45pm - 7:45pm				

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