



Fall I Session Fitness Classes (Rev. 9/15)

Northern Door Program Center

September 15th - October 29th

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		Cycle Studio B Don H. 6am - 7am	BodyPump™ Studio A Amy J. 6am - 7am		
					Yoga/Pilates Studio C Amy I. 6am - 7am		
7am		Core Strength Studio A Katie Y. 7:05am - 7:50am	Step Studio A Catherine R. 7am - 8am	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	Water Walkers Aquatic Center No Instructor 8am - 9am	Yoga/Pilates Studio C Amy I. 8am - 9am	
	Cycle Studio B Sverre F.-P. 8:10am - 9:10am	Cycle Express Studio B Brenda R. 8am - 8:30am	Cycle Studio B Catherine R. 8:10am - 9:10am	Senior Strength Studio A Megan S. 8am - 8:35am	Cycle Studio B Jackson P. 8am - 9am		
	Cycle Studio B Sverre F.-P. 8:10am - 9:10am	Boom Fitness Studio A Megan S. 8am - 8:30am	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		
	Cycle Studio B Sverre F.-P. 8:10am - 9:10am	Tabata Training Gymnasium Katie Y. 8:15am - 9:05am	Classical Stretch Studio C Wendy C. 8:15am - 9:15am	Cycle Express Studio B Brenda R. 8:45am - 9:15am	Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am	Senior Strength Studio A Trish B. 8:40am - 9:15am	Healthy Choice Gymnasium Brenda R. 8:20am - 9:20am				
	Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am						
9am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Yoga - Beginner/Intermediate Studio C Liz H. 9am - 10am	Zumba Sister Bay Village Hall Chandra J. 9am - 10am	Yoga - Beginner/Intermediate Studio C Liz H. 9am - 10am	Pilaqua Aquatic Center Mary H. 9am - 10:05am	BodyPump™ Studio A Various Instructors 9am - 10am	

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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	Flex Power Studio A Bonnie S. 9:30am - 10:30am	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	Silver and Fit Basic Gymnasium Megan S. 9:30am - 10:15am		
		BodyPump™ Studio A By Rotation - Katy L, Lauren S 9:30am - 10:30am	Flex Power Studio A Bonnie S. 9:30am - 10:30am	Silver Sneakers Classic Gymnasium Kay N. 9:30am - 10:15am	PiYo® LIVE Studio C Lauren S. 9:30am - 10:30am		
			PiYo® LIVE Studio C Lauren 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 Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am			
	Senior Stretch & Tone Aquatic Center Bill W. 10:30am - 11:30am	Knee/Hip Joint Lifestyle Center YMCA & DCMC Staff 10:40am - 11:25am					
11am	Yoga - Functional Studio C Kay N. 11am - 12pm	Senior Water Fitness Aquatic Center Mary H. 11am - 11:45am	Move Well Studio C Elizabeth C. 11:35am - 12:35pm	Twinges in the Hinges Aquatic Center Brenda R. 11am - 11:45am			
12pm	Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm		Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm		Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Chris H. 12pm - 1pm
1pm		Adult Dance - Tap Level 1 Studio C Carol H. 1pm - 2pm					
4pm		BodyPump™ Studio A Chris H. 4:15pm - 5:15pm					
5pm	Cardio Kickboxing (starts 7/13) Studio A Carrie M. 5pm - 5:30pm	Step Express Studio A Jana R. 5:30pm - 6pm		BodyPump™ Studio A Chris H. 5:15pm - 6:15pm			
	BodyPump™ Studio A Chris H. 5:45pm - 6:45pm						

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	MON	TUE	WED	THU	FRI	SAT	SUN
6pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm	Pickleball - Advanced Play Gymnasium No Instructor 6pm - 7:45pm	Adult Floorball Gymnasium No Instructor 6pm - 7:45pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm			
		Tabata Training Studio A Jana R. 6:10pm - 6:55pm	Cycle Express Studio B Amy I. 6pm - 6:30pm	Adult Dance - Jazz/Hip Hop Studio C Amy L. 6:45pm - 7:45pm			
			Adult Dance - Ballet Studio C Amy I. 6:45pm - 7:45pm				

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