



Fall II (Rev. 11/6)
Northern Door Program Center
November 6th - December 23rd

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	Core Strength Studio A Katie Y. 6am - 6:45am	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		Core Strength Studio A Katie Y. 7:05am - 7:50am	Silver and Fit Experience Gymnasium Megan S. 7:30am - 8:15am	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					
8am	Water Walkers Aquatic Center No Instructor 8am - 9am	Cycle Express Studio B Brenda R. 8am - 8:30am	Water Walkers Aquatic Center No Instructor 8am - 9am	Aqualite Aquatic Center Mary G. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am		
	Cycle Studio B Tammy K. 8:10am - 9:10am	Aqualite Aquatic Center Mary G. 8am - 9am	Cycle Studio B By Rotation - Catherine R, Tammy K 8:10am - 9:10am	Senior Strength Studio A Megan S. 8am - 8:35am	Cycle Studio B Jackson P. 8am - 9am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am	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		
	Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am	Senior Strength Studio A Trish B. 8:40am - 9:15am	PiYo® LIVE Studio C Lauren S. 8:15am - 9:15am		Step Studio C By Rotation - Bonnie S, Brenda R 8:15am - 9:15am		
			Healthy Choice Gymnasium Brenda R. 8:20am - 9:20am				
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 Amie B. 9am - 10am	
	Kiddie Kinetics Gymnasium Jenny S. 9:30am - 10:10am	Snack Attack Studio B Jenny S. 9:15am - 10am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Silver Sneakers Classic Gymnasium Kay N. 9:30am - 10:15am	PiYo® LIVE Studio C Lauren S. 9:30am - 10:30am		

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	Flex Power Studio A Bonnie S. 9:30am - 10:30am	Silver Sneakers Classic Gymnasium Trish B. 9:30am - 10:15am	Flex Power Studio A Bonnie S. 9:30am - 10:30am	BodyPump™ Studio A By Rotation - Katy L, Lauren S, Kristin K 9:30am - 10:30am	Silver and Fit Experience Gymnasium Megan S. 9:30am - 10:15am		
		BodyPump™ Studio A By Rotation - Katy L, Lauren S, Kristin K 9:30am - 10:30am	Classic Stretch Studio C Wendy C. 9:30am - 10:30am				
10am	Yoga - Chair Studio C Kay N. 10am - 10:45am	Preschool Swim Stages A & B Aquatic Center Aquatic Staff 10:30am - 11am	Senior Stretch & Tone Aquatic Center Bill W. 10:15am - 11:15am	Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am	Mahjongg Social Lounge No Instructor 10:30am - 12:30pm		
	Artsy Smartsy Social Lounge Jenny S. 10:20am - 11am	Knee/Hip Joint Studio C YMCA & DCMC Staff 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 in the Hinges Aquatic Center Brenda R. 11am - 11:45am			
12pm	Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm	Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 12:15pm - 12:50pm	Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm	Sheepshead Studio B Jim E. 12pm - 2:30pm	Pickleball - Open Play Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Chris H. 12pm - 1pm
		Preschool Swim Stage 2 & 3 Aquatic Center Aquatic Staff 12:55pm - 1:30pm					
1pm		Home School Phy-Ed Gymnasium Nick L. 1pm - 2:30pm	English Language Learners (ELL) - Beginner Studio B Amy R. 1pm - 3pm				
			Mahjongg Social Lounge No Instructor 1pm - 3pm				
2pm	Youth Dance - Ballet Basics Studio C AnnaMae B. 2:45pm - 3:20pm						

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	MON	TUE	WED	THU	FRI	SAT	SUN
3pm	After School Program Kid Care Instructor TBD 3:30pm - 5:30pm	After School Program Kid Care Instructor TBD 3:30pm - 5:30pm	After School Program Kid Care Instructor TBD 3:30pm - 5:30pm	After School Program Kid Care Instructor TBD 3:30pm - 5:30pm	After School Program Kid Care Instructor TBD 3:30pm - 5:30pm		
	Youth Dance 1 Studio C AnnaMae B. 3:40pm - 4:20pm	DCY Swim Team - Juniors Aquatic Center Aquatic Staff 3:45pm - 5pm	Citizenship Class Studio B Amy R. 3:30pm - 4:30pm	DCY Swim Team - Juniors Aquatic Center Aquatic Staff 3:45pm - 5pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm		
	Youth Swim Stage 1 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Youth Dance - Musical Theatre Dance Studio C Amy M. 3:45pm - 4:45pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm				
	Middle School Strength and Conditioning Lifestyle Center Nick L. 3:45pm - 4:30pm		Middle School Strength and Conditioning Lifestyle Center Nick L. 3:45pm - 4:30pm				
	Youth Swim Stage 3 Aquatic Center Aquatic Staff 3:45pm - 4:30pm		Swim and Board Aquatic Center Aquatic Staff 3:45pm - 4:30pm				
	Youth Swim Stage 4 Aquatic Center Aquatic Staff 3:45pm - 4:30pm		DCY Swim Team - Juniors Aquatic Center Aquatic Staff 3:45pm - 5pm				
	Dolphin Club Aquatic Center Aquatic Staff 3:45pm - 4:45pm		Youth Dance - High School Hip Hop Studio A Amy M. 3:45pm - 4:45pm				
	Youth Swim Stage 5 Aquatic Center Aquatic Staff 3:45pm - 4:45pm		Youth Sports - Kickball/Dodgeball Gymnasium Nick L. 3:45pm - 4:30pm				
	Youth Swim Stage 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	Youth Sports - Kickball/Dodgeball Gymnasium Nick L. 3:45pm - 4:30pm						
4pm	Youth Dance - Jazz/Hip Hop Studio C AnnaMae B. 4:25pm - 5:05pm	BodyPump™ Studio A Chris H. 4:15pm - 5:15pm					

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	MON	TUE	WED	THU	FRI	SAT	SUN
	Preschool Swim Stage 3 Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
	Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
	Preschool Swim Stage 2 Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
5pm	Preschool Swim Stages A & B 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			
	BodyPump™ Studio A Chris H. 5:45pm - 6:45pm	SUP - Fit Aquatic Center Amy J. 5:30pm - 6:15pm					
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 - Ballet Studio C Amy I. 6:45pm - 7:45pm				

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