



2018 Winter I Session (Rev. 3)  
Northern Door Program Center  
January 11th - February 25th

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 Amy J. 6am - 7am	<b>Core Strength</b> Studio A Katie Y. 6am - 6:45am	<b>Cycle</b> Studio B Amy J. 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>High School Strength and Conditioning</b> Lifestyle Center Nick L. 6:30am - 7:30am			
7am		<b>Adult Dance - Tap Level 2</b> Studio C Carol H. 7:45am - 8:45am	<b>Silver and Fit Experience</b> Gymnasium Megan S. 7:30am - 8:15am	<b>Senior Strength</b> Studio A Megan S. 7:30am - 8am			
				<b>Adult Dance - Tap Level 2</b> Studio C Carol H. 7:45am - 8:45am			
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>Cycle</b> Studio B Fred B. 8:10am - 9:10am	<b>Tabata Training</b> Gymnasium Katie Y. 8:15am - 9:05am	<b>Cycle</b> Studio B Tammy K. 8:10am - 9:10am	<b>Tabata Training</b> Gymnasium Katie Y. 8:15am - 9:05am	<b>Cycle</b> Studio B Tammy K. 8:10am - 9am		
	<b>BodyPump™</b> Studio A Heather G. 8:15am - 9:15am	<b>Senior Strength</b> Studio A Trish B. 8:40am - 9:15am	<b>PiYo® LIVE</b> Studio C Lauren S. 8:15am - 9:15am		<b>BodyPump™</b> Studio A Amie B. 8:15am - 9:15am		
	<b>Step</b> Studio C Various Instructors 8:15am - 9:15am		<b>BodyPump™</b> Studio A Amie B. 8:15am - 9:15am		<b>Step</b> Studio C Various Instructors 8:15am - 9:15am		
			<b>Healthy Choice</b> Gymnasium Megan S. 8:20am - 9:20am				
9am	<b>Pilaqua</b> Aquatic Center Mary G. 9am - 10:05am	<b>Yoga - Beginner/Intermediate</b> Studio C Liz H. 9am - 10am	<b>Pilaqua</b> Aquatic Center Mary G. 9am - 10:05am	<b>Yoga - Beginner/Intermediate</b> Studio C Liz H. 9am - 10am	<b>Pilaqua</b> Aquatic Center Mary H. 9am - 10:05am	<b>BodyPump™</b> Studio A Amie B. 9am - 10am	
	<b>Flex Power</b> Studio A Bonnie S. 9:30am - 10:30am	<b>Snack Attack</b> Studio B Jenny S. 9:15am - 10am	<b>Flex Power</b> Studio A Bonnie S. 9:30am - 10:30am	<b>BodyPump™</b> Studio A Kristin K. 9:30am - 10:30am	<b>Silver and Fit Experience</b> Gymnasium Megan S. 9:30am - 10:15am		

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	<b>Kiddie Kinetics</b> Gymnasium Jenny S. 9:30am - 10:10am	<b>BodyPump™</b> Studio A Katy L. 9:30am - 10:30am		<b>Silver Sneakers Classic</b> Gymnasium Kay N. 9:30am - 10:15am	<b>PiYo® LIVE</b> Studio C Lauren S. 9:30am - 10:30am		
		<b>Silver Sneakers Classic</b> Gymnasium Trish B. 9:30am - 10:15am					
<b>10am</b>	<b>Yoga - Chair</b> Studio C Kay N. 10am - 10:45am	<b>Parent/Child Swim Stage A</b> Aquatic Center Aquatic Staff 10:30am - 11am	<b>Senior Stretch &amp; Tone</b> Aquatic Center Bill W. 10:15am - 11:15am	<b>Twinges in the Hinges</b> Aquatic Center Bonnie S. 10:30am - 11am	<b>Mahjongg</b> Social Lounge No Instructor 10:30am - 12:30pm		
	<b>Artsy Smartsy</b> Social Lounge Jenny S. 10:20am - 11am	<b>Knee/Hip Joint</b> Studio C YMCA & DCMC Staff 10:40am - 11:25am	<b>Move Well</b> Studio C Elizabeth C. 10:45am - 11:35am	<b>Knee/Hip Joint</b> Studio C YMCA & DCMC Staff 10:40am - 11:25am			
	<b>Senior Stretch &amp; Tone</b> Aquatic Center Bill W. 10:30am - 11:30am						
<b>11am</b>	<b>Yoga - Functional</b> Studio C Kay N. 11am - 12pm						
<b>12pm</b>	<b>Pickleball - B.I.A.</b> Gymnasium No Instructor 12pm - 2:30pm	<b>Preschool Swim Stage 1 &amp; 1 Plus</b> Aquatic Center Aquatic Staff 12:15pm - 12:50pm	<b>Pickleball - B.I.A.</b> Gymnasium No Instructor 12pm - 2:30pm		<b>Pickleball - B.I.A.</b> Gymnasium No Instructor 12pm - 2:30pm		<b>BodyPump™</b> Studio A Chris H. 12pm - 1pm
		<b>Preschool Swim Stage 2 &amp; 3</b> Aquatic Center Aquatic Staff 12:55pm - 1:30pm	<b>English Language Learners (ELL) - Beginner</b> Studio B Amy R. 12pm - 1:30pm				
<b>1pm</b>		<b>Adult Dance - Tap Level 1</b> Studio C Carol H. 1pm - 2pm	<b>Mahjongg</b> Social Lounge No Instructor 1pm - 3pm	<b>Sheepshead</b> Studio B Jim E. 1pm - 3pm			
		<b>Home School Phy-Ed</b> Gymnasium Nick L. 1pm - 2:30pm	<b>English Language Learners (ELL) - Intermediate</b> Studio B Amy R. 1:30pm - 3pm				
<b>2pm</b>	<b>Youth Dance - Ballet Basics</b> Studio C AnnaMae B. 2:45pm - 3:20pm						

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

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	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>Preschool Swim Stage 1 &amp; 1 Plus</b> Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
	<b>Preschool Swim Stage 3</b> Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
<b>5pm</b>	<b>Parent/Child Swim Stage A</b> Aquatic Center Aquatic Staff 5:15pm - 5:45pm	<b>SUP - Fit</b> Aquatic Center Amy J. & Tonya C. 5:30pm - 6:15pm	<b>Yoga HIIT</b> Studio A Carrie M. 5:15pm - 6pm	<b>BodyPump™</b> Studio A Chris H. 5:15pm - 6:15pm			
	<b>BodyPump™</b> Studio A Chris H. 5:45pm - 6:45pm	<b>Step Express</b> Studio A Jana R. 5:30pm - 6pm	<b>Zumba</b> Studio C Chandra J. 5:15pm - 6:15pm	<b>Core &amp; More</b> Studio C Jana R. 5:15pm - 5:45pm			
<b>6pm</b>	<b>Adult Basketball</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Pickleball - Advanced Play</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Pickleball - B.I.A.</b> Gymnasium No Instructor 6pm - 7:45pm	<b>Adult Basketball</b> Gymnasium No Instructor 6pm - 7:45pm			
		<b>Tabata Training</b> Studio A Jana R. 6:10pm - 6:55pm	<b>Adult Dance - Ballet</b> Studio C Amy I. 6:45pm - 7:45pm	<b>Cycle Express</b> Studio B Amy I. 6pm - 6:30pm			
				<b>Yoga/Pilates</b> Studio C Amy I. 6:45pm - 7:45pm			

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