



2019 Winter 2 Session - Adult Fitness (Rev. 3/8)

Northern Door Program Center

March 8th - April 21st

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

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	BodyPump™ Studio A Chris H. 6am - 7am	Cycle Studio B Amy J. 6am - 7am	TONE™ Studio A Amy J. 6am - 6:45am	Cycle Studio B Stephan R. 6am - 7am			
8am	Water Walkers Aquatic Center No Instructor 8am - 9am	Aqualite Aquatic Center Mary G./ Bill W. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am	Aqualite Aquatic Center Mary G./ Bill W. 8am - 9am	Water Walkers Aquatic Center No Instructor 8am - 9am	TONE™ Studio A Various Instructors 8am - 9am	
	Cycle Studio B Stephan R. 8:10am - 9:10am	TONE™ Gymnasium Amie B. 8:15am - 9:05am	Cycle Studio B Tammy K. 8:10am - 9:10am	TONE™ Gymnasium Amie B. 8:15am - 9:05am	Cycle Studio B Tammy K. 8:10am - 9:10am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am		BodyPump™ Studio A Amie B. 8:15am - 9:15am	Senior Strength Studio A Megan S. 8:40am - 9:15am	Step Studio C Bonnie S./ John T. 8:15am - 9:15am		
	Step Studio C Bonnie S./ John T. 8:15am - 9:15am		Healthy Choice Gymnasium Megan S. 8:30am - 9:20am		BodyPump™ Studio A Amie B. 8:15am - 9:15am		
9am	Pilaqua (Self-guided) Aquatic Center No Instructor 9am - 10:05am	Yoga - Beginner & Intermediate Studio C Liz H. 9am - 10am	Pilaqua (Self-guided) Aquatic Center No Instructor 9am - 10:05am	Yoga - Beginner & Intermediate Studio C Liz H. 9am - 10am	Pilaqua (Self-guided) Aquatic Center No Instructor 9am - 10:05am	BodyPump™ Studio A Various Instructors 9am - 10am	
	Flex Power Studio A Bonnie S. 9:30am - 10:30am	BodyPump™ Studio A Katy L. 9:30am - 10:30am	Flex Power Studio A Bonnie S. 9:30am - 10:30am	BodyPump™ Studio A Katy L. 9:30am - 10:30am	Silver and Fit Experience Gymnasium Megan S. 9:30am - 10:15am		
		Silver Sneakers Classic Gymnasium Trish B. & Megan S. 9:30am - 10:15am		Silver Sneakers Classic Gymnasium Dale J. 9:30am - 10:15am			
10am		Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am		Twinges in the Hinges Aquatic Center Bonnie S. 10:30am - 11am			
				Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am			
11am	Yoga - Beginner & Intermediate Studio C Kay N./ Elizabeth C. 11am - 12pm		Aquatic Knee & Hip Joint Aquatic Center Amy J. & Bill W. 11:40am - 12:25pm		Aquatic Knee & Hip Joint Aquatic Center Amy J. & Bill W. 11:40am - 12:25pm		
12pm	Pickleball - B.I.A. Gymnasium No Instructor 12pm - 2:30pm	Livestrong Alumni Studio C Trish B. & Megan S. 12pm - 12:45pm	Pickleball - B.I.A. Gymnasium No Instructor 12pm - 2:30pm		Pickleball - B.I.A. Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Various Instructors 12pm - 1pm

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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	MON	TUE	WED	THU	FRI	SAT	SUN
	Moving for Better Balance Studio C Megan S. 12:15pm - 1:15pm		Moving for Better Balance Studio C Megan S. 12:15pm - 1:15pm				
1pm		LiveStrong Studio C Trish B. & Megan S. 1pm - 2:30pm		LiveStrong Studio C Trish B. & Megan S. 1pm - 2:30pm			
2pm		Parkinson's Exercise Studio C YMCA & DCMC Staff 2:30pm - 3:30pm		Parkinson's Exercise Studio C YMCA & DCMC Staff 2:30pm - 3:30pm			
4pm		BodyPump™ Studio A Chris H. 4:15pm - 5:15pm		BodyPump™ Studio A Chris H. 4:15pm - 5:15pm			
5pm		Step Studio C Jana R. 5:30pm - 6pm	Fit for Life Gymnasium Rae M. 5:30pm - 6:30pm	Step Studio C Jana R. 5:30pm - 6pm			
6pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm	Pickleball - Advanced Play Gymnasium No Instructor 6pm - 7:45pm	Pickleball - B.I.A. Gymnasium No Instructor 6:30pm - 7:45pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm			

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