



2019 Spring Session Classes (Rev. 5/2)
 Northern Door Program Center
 May 2nd - June 16th

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	BodyPump™ Studio A Amy J. 6am - 7am		
7am		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	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 - 8:45am	
	Cycle Studio B Stephan R. 8:10am - 9:10am	TONE™ Gymnasium Amie B. 8:15am - 9:15am	Cycle Studio B Tammy K. 8:10am - 9:10am	TONE™ Gymnasium Amie B. 8:15am - 9:15am	Cycle Studio B Tammy K. 8:10am - 9:10am		
	Step Studio C Bonnie S./ John T. 8:15am - 9:15am		BodyPump™ Studio A Amie B. 8:15am - 9:15am		Step Studio C Bonnie S./ John T. 8:15am - 9:15am		
	BodyPump™ Studio A Heather G. 8:15am - 9:15am		Healthy Choice Gymnasium Megan S. 8:30am - 9:20am		BodyPump™ Studio A Amie B. 8:15am - 9:15am		
9am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Yoga - Beginner & Intermediate Studio C Liz H. 9am - 10am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	Yoga - Beginner & Intermediate Studio C Liz H. 9am - 10am	Pilaqua Aquatic Center Mary G. 9am - 10:05am	BodyPump™ Studio A Various Instructors 9am - 10am	
	Flex Power Studio A Bonnie S. 9:30am - 10:30am	Silver Sneakers Classic Gymnasium Jen A. 9:30am - 10:15am	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		
		BodyPump™ Studio A Katy L. 9:30am - 10:30am		Silver Sneakers Classic Gymnasium Dale J. 9:30am - 10:15am			
10am	Yoga - Chair Studio C Kay N. 10am - 10:45am	Preschool Swim Stages A & B Aquatic Center Aquatic Staff 10:30am - 11am	Yoga Beginner Studio C Elizabeth C. 10:30am - 11:30am	Twinges in the Hinges Aquatic Center Bonnie S. 10:30am - 11am			
	Senior Stretch & Tone Aquatic Center Bill W. 10:30am - 11:30am	Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am		Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am			

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11am	Yoga - Beginner Studio C Kay N. 11am - 12pm		Aquatic Knee & Hip Joint Aquatic Center Bill W. 11:40am - 12:25pm		Aquatic Knee & Hip Joint Aquatic Center Bill W. 11:40am - 12:25pm		
12pm	Pickleball - B.I.A. Gymnasium No Instructor 12:30pm - 2:30pm	Livestrong Alumni Studio C Trish B. & Megan S. 12pm - 12:45pm	Pickleball - B.I.A. Gymnasium No Instructor 12:30pm - 2:30pm		Pickleball - B.I.A. Gymnasium No Instructor 12:30pm - 2:30pm		BodyPump™ Studio A Various Instructors 12pm - 1pm
		Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 12:15pm - 12:50pm					
		Preschool Swim Stage 2 & 3 Aquatic Center Aquatic Staff 12:55pm - 1:30pm					
1pm			English Language Learners (ELL) - Intermediate Studio B Amy R. 1pm - 3pm				
2pm		Parkinson's Exercise Studio C YMCA & DCMC Staff 2:30pm - 3:30pm	KinderSports Gymnasium Nick L. 2:45pm - 3:25pm	Parkinson's Exercise Studio C YMCA & DCMC Staff 2:30pm - 3:30pm			
3pm	Youth Swim Stage 4 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Middle/High School Strength & Conditioning Lifestyle Center Nick L. 3:45pm - 4:45pm	English Language Learners (ELL) - Beginner Studio B Amy R. 3:15pm - 4:30pm	Middle/High School Strength & Conditioning Lifestyle Center Nick L. 3:45pm - 4:45pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm		
	Youth Swim Stage 1 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Youth Soccer Gymnasium Dale J. 3:45pm - 4:45pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm	Youth Soccer Gymnasium Dale J. 3:45pm - 4:45pm			
	Youth Swim Stage 5 Aquatic Center Aquatic Staff 3:45pm - 4:30pm		Swim and Board Aquatic Center Aquatic Staff 3:45pm - 4:30pm				
	Youth Swim Stage 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	Youth Swim Stage 3 Aquatic Center Aquatic Staff 3:45pm - 4:30pm						

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4pm	Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 4:35pm - 5:10pm	BodyPump™ Studio A Chris H. 4:15pm - 5:15pm		BodyPump™ Studio A Chris H. 4:15pm - 5:15pm			
	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 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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