



Fall 1 Session (Rev. 9/9)
Northern Door Program Center
September 9th - October 27th

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 Stephan R. 6am - 7am	TONE™ Studio A Amy J. 6am - 6:45am	Cycle Studio B Amy J. 6am - 7am	BodyPump™ Studio A Amy J. 6am - 7am		
7am		Adult Dance - Tap Level 2 Studio C Carol H. 7:45am - 8:45am	Silver and Fit Experience Gymnasium Megan S. 7:30am - 8:15am				
8am	Cycle Studio B Sverre F.-P. 8:10am - 9:10am	Aqualite Aquatic Center Mary G./ Bill W. 8am - 9am	Cycle Studio B Catherine R. 8:10am - 9:10am	Aqualite Aquatic Center Mary G./ Bill W. 8am - 9am	Cycle Studio B Stephan R. 8:10am - 9am	TONE™ Studio A Various Instructors 8am - 8:45am	
	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	TONE™ Gymnasium Amie B. 8:15am - 9:15am	BodyPump™ Studio A Amie B. 8:15am - 9:15am		
	Step Studio C By Rotation - Bonnie/John/Mary 8:15am - 9:15am	TONE™ Gymnasium Amie B. 8:15am - 9:15am	Healthy Choice Gymnasium Megan S. 8:30am - 9:15am		Step Studio C By Rotation - Bonnie/John/Mary 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 H. 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	Yoga - Intermediate Studio C Amy I. 9:30am - 10:30am		
	Kiddie Kinetics Gymnasium Jenny S. 9:30am - 10:10am	Silver Sneakers Classic Gymnasium Dale J. 9:30am - 10:15am		Silver Sneakers Classic Gymnasium Kay N. 9:30am - 10:15am	Silver and Fit Experience Gymnasium Megan S. 9:30am - 10:15am		
10am	Yoga - Chair Studio C Kay N. 10am - 10:45am	Knee/Hip Joint Studio C YMCA & DCMC Staff 10:40am - 11:25am		Twinges in the Hinges Aquatic Center Bonnie S. 10am - 10:30am			
	Monkey Tales 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						

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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 - All Levels Gymnasium No Instructor 12pm - 2:30pm	Livestrong Alumni Studio C Trish B. & Megan S. 12pm - 12:45pm	Pickleball - All Levels Gymnasium No Instructor 12pm - 2:30pm		Pickleball - All Levels Gymnasium No Instructor 12pm - 2:30pm		BodyPump™ Studio A Various Instructors 12pm - 1pm
	Moving for Better Balance Studio C Megan S. 12:15pm - 1:15pm	Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 12:15pm - 12:50pm	Moving for Better Balance Studio C Megan S. 12:15pm - 1:15pm				
1pm			Stepping On Fall Prevention Studio C Trish B. & Megan S. 1pm - 3pm				
2pm	Youth Dance - Ballet Basics Studio C Liz C. 2:45pm - 3:20pm	Parkinson's Exercise Studio C YMCA & DCMC Staff 2:45pm - 4pm	KinderSports Gymnasium Nick L. 2:45pm - 3:25pm	Parkinson's Exercise Studio C YMCA & DCMC Staff 2:45pm - 4pm			
3pm	Youth Dance 1 Studio C Liz C. 3:40pm - 4:20pm	Flag Football - Grades K - 2 Outside Nick L. 3:45pm - 4:30pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm	Flag Football - Grades K - 2 Outside Nick L. 3:45pm - 4:30pm	Goju Ryu Karate Studio C Shaun K. 3:30pm - 5pm		
	Youth Swim Stage 4 Aquatic Center Aquatic Staff 3:45pm - 4:30pm	Dolphin Club Aquatic Center Aquatic Staff 3:45pm - 4:45pm	After School Sports Outside Nick L. 3:45pm - 4:45pm	Dolphin Club Aquatic Center Aquatic Staff 3:45pm - 4:45pm			
	After School Sports Outside Nick L. 3:45pm - 4:45pm	DCY Swim Fall Prep - All Levels Aquatic Center Aquatic Staff 3:45pm - 5pm	Swim and Board Aquatic Center Aquatic Staff 3:45pm - 4:30pm	DCY Swim Fall Prep - All Levels Aquatic Center Aquatic Staff 3:45pm - 5pm			
	Youth Swim Stage 2 Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	Youth Swim Stage 5 Aquatic Center Aquatic Staff 3:45pm - 4:30pm						
	Youth Swim Stage 1 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	Youth Dance - Jazz Studio C Liz C. 4:25pm - 5:05pm	BodyPump™ Studio A Chris H. 4:15pm - 5:15pm		BodyPump™ Studio A Chris H. 4:15pm - 5:15pm			
	Preschool Swim Stage 1 & 1 Plus Aquatic Center Aquatic Staff 4:35pm - 5:10pm	Flag Football - Grades 3-5 Outside Nick L. 4:30pm - 5:15pm		Flag Football - Grades 3-5 Outside Nick L. 4:30pm - 5:15pm			
	Preschool Swim Stage 2 Aquatic Center Aquatic Staff 4:35pm - 5:10pm						
5pm	Parent/Child Swim Stage A & B Aquatic Center Aquatic Staff 5:15pm - 5:45pm	Step Studio C Jana R. 5:30pm - 6pm		Step Studio C Jana R. 5:30pm - 6pm			
6pm	Youth Strings Lessons - Cello Studio C Midsummer's Music 6pm - 7:30pm	Pickleball - Advanced Play Gymnasium No Instructor 6pm - 7:45pm	Pickleball - All Levels Gymnasium No Instructor 6pm - 7:45pm	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm			
	Adult Basketball Gymnasium No Instructor 6pm - 7:45pm						
	Youth Strings Lessons - Violin/Viola Studio A Midsummer's Music 6pm - 7:30pm						

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