



# S24 GROUP FITNESS

Summer 2024 • June 17 - August 25

Jackie & Steve Kane Program Center • 920.868.3660  
3866 Gibraltar Rd. Fish Creek, WI 54212

The gold heart equals ForeverWell Friendly classes. See ForeverWell Section for more information.

## VIRTUAL GROUP FITNESS CLASSES

**REGISTRATION IS REQUIRED FOR ALL VIRTUAL CLASSES**

- We highly recommend having physicians approval before participating in any of our group fitness programs.
- To secure programs, registration needs to occur during registration week. If interested in registering after the first week please contact the YMCA.
- Classes take place via Zoom. Once class begins late participants won't be admitted. Drop-ins and substitutions are not allowed.
- Participants will receive an email with a link to the class. Valid email address required. Class recording will be accessible 24hrs after class.
- 100% satisfaction guaranteed - You will have 24 hrs to cancel your registration after the first class to get a full refund.

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jun 27	Aug 22	Jun 20, Jul 4	\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Tue	9:00 AM	10:00 AM	Jun 25	Aug 20	Jun 18	<b>FREE</b>	\$49.25	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 25	Aug 20	Jun 18	<b>FREE</b>	\$49.25	Christine M.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 28	Aug 23	Jun 21, Jul 5	<b>FREE</b>	\$49.25	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jun 24	Aug 19	Jun 17	<b>FREE</b>	\$49.25	Sarah G.	Virtual








**\*4 person minimum for a virtual class to run**



## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<del>Adult Dance - Ballet &amp; Tap</del>	<del>Wed</del>	<del>9:00 AM</del>	<del>9:45 AM</del>	<del>Jun 19</del>	<del>Aug 28</del>	<del>July 10</del>	<del>\$47.00</del>	<del>\$93.50</del>	<del>Mae D.</del>	<del>Studio C</del>
Offsite Yoga	Mon	8:15 AM	9:00 AM	Jun 17	Aug 26		\$47.00	\$93.50	Mae D.	Anderson Dock
Offsite Pilates	Mon	9:15 AM	10:00 AM	Jun 17	Aug 26		\$47.00	\$93.50	Mae D.	Anderson Dock
<del>Offsite Yoga</del>	<del>Fri</del>	<del>9:00 AM</del>	<del>10:00 AM</del>	<del>Jun 21</del>	<del>Aug 30</del>		<del>\$47.00</del>	<del>\$93.50</del>	<del>Mae D.</del>	<del>Kinsey Property 4148 Main Street Fish Creek</del>
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Jun 17	Aug 26		\$47.00	\$93.50	Jeff S.	Studio C
Tai Chi Movement	Fri	9:00 AM	10:00 AM	Jun 21	Aug 30		\$47.00	\$93.50	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Jun 18	Aug 27		\$47.00	\$93.50	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jun 20	Aug 29	Jul 4	\$47.00	\$93.50	Liz H.	Studio C
Yoga- Chair	Tue	10:15 AM	11:00 AM	Jun 18	Aug 27		\$47.00	\$93.50	Mynn L.	Studio C
Pilates	Wed	8:00 AM	8:45 AM	Jun 19	Aug 28		\$47.00	\$93.50	Mae D.	Studio C

## CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cardio Kickboxing	Mon	8:00 AM	8:45 AM	Jun 17	Aug 26		\$19.50	\$77.00	Owen A.	Studio A
Core & More	Fri	9:15 AM	10:00 AM	Jun 21	Aug 30		\$19.50	\$77.00	Owen A.	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Jun 17	Aug 26		\$31.00	\$77.00	Sverre F.	Studio B
Cycle	Wed	8:00 AM	8:45 AM	Jun 19	Aug 28		\$31.00	\$77.00	Catherine R.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Jun 21	Aug 30		\$31.00	\$77.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Jun 18	Aug 27		\$31.00	\$77.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jun 20	Aug 29	Jul 4	\$31.00	\$77.00	Stephan R.	Studio B
Step	Fri	7:00 AM	8:00 AM	Jun 21	Aug 30		<b>FREE</b>	\$54.50	Lesley A.	Studio A
Step Express	Wed	5:15 PM	5:45 PM	Jun 19	Aug 28		<b>FREE</b>	\$54.50	Jana R.	Studio A

<b>STRENGTH/CONDITIONING</b>											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
BodyPump™	Mon	6:15 AM	7:15 AM	Jun 17	Aug 26		\$47.00	\$93.50	Chris H.	Gym	
BodyPump™	Mon	8:15 AM	9:15 AM	Jun 17	Aug 19		\$42.50	\$85.00	Heather G.	Gym	
BodyPump™	Tue	8:00 AM	9:00 AM	Jun 18	Aug 27		\$47.00	\$93.50	Amy J.	Studio A	
BodyPump™	Wed	8:15 AM	9:15 AM	Jun 19	Aug 21		\$42.50	\$85.00	Amie B.	Gym	
BodyPump™	Thu	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	\$42.50	\$56.00	Amy J.	Gym	
BodyPump™	Fri	6:15 AM	7:15 AM	Jun 21	Aug 23		\$42.50	\$85.00	Chris H.	Gym	
BodyPump™	Fri	8:15 AM	9:15 AM	Jun 21	Aug 23		\$42.50	\$85.00	Amie B.	Gym	
BodyPump™	Sat	9:00 AM	10:00 AM	Jun 22	Aug 31		\$47.00	\$93.50	Rotation	Gym	
<del>Circuit Training</del>	<del>Tue</del>	<del>8:00 AM</del>	<del>9:00 AM</del>	<del>Jun 18</del>	<del>Aug 20</del>		<del>\$28.50</del>	<del>\$70.00</del>	<del>Bailey C.</del>	<del>Gym</del>	
 ForeverWell Strength	Mon	9:00 AM	10:00 AM	Jun 17	Aug 26		\$19.50	\$77.00	Bonnie S.	Studio A	
 ForeverWell Strength	Wed	9:00 AM	10:00 AM	Jun 19	Aug 28		\$19.50	\$77.00	Bonnie S.	Studio A	
 Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Jun 21	Aug 23	Jul 26	<b>FREE</b>	\$49.50	Bailey C.	Gym	
 Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Jun 19	Aug 21		<b>FREE</b>	\$49.50	Bailey C.	Gym	
 Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 17	Aug 19		<b>FREE</b>	\$49.50	Dale J.	Gym	
 Silver Sneakers Classic	Tue	9:15 AM	10:00 AM	Jun 18	Aug 20		<b>FREE</b>	\$49.50	Mynn L.	Gym	
 Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jun 20	Aug 22	Jul 4	<b>FREE</b>	\$49.50	Dale J.	Gym	

<b>WATER FITNESS</b>											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
 Aqualite	Tue	8:00 AM	9:00 AM	Jun 18	Aug 27		<b>FREE</b>	\$54.50	Mary G.	Pool	
 Aqualite	Thu	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	<b>FREE</b>	\$54.50	Mary G.	Pool	
<del>AquaYoga</del>	<del>Tue</del>	<del>9:15 AM</del>	<del>10:00 AM</del>	<del>Jun 18</del>	<del>Aug 27</del>		<del>\$47.00</del>	<del>\$77.00</del>	<del>Lisa G.</del>	<del>Pool</del>	
<del>AquaYoga</del>	<del>Thu</del>	<del>9:15 AM</del>	<del>10:00 AM</del>	<del>Jun 20</del>	<del>Aug 29</del>	<del>Jul 4</del>	<del>\$42.50</del>	<del>\$77.00</del>	<del>Lisa G.</del>	<del>Pool</del>	
Pilaqua	Mon	9:00 AM	10:05 AM	Jun 17	Aug 26		\$19.50	\$77.00	Mary G.	Pool	
Pilaqua	Wed	9:00 AM	10:05 AM	Jun 19	Aug 28		\$19.50	\$77.00	Mary G.	Pool	
Pilaqua	Fri	9:00 AM	10:05 AM	Jun 21	Aug 30		\$19.50	\$77.00	Diana W.	Pool	
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Jun 17	Aug 26		\$19.50	\$77.00	Bill W.	Pool	
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Jun 21	Aug 30		\$19.50	\$77.00	Bill W.	Pool	

**SPECIALTY PROGRAMMING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
 Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Jun 18	Aug 29	Jul 4	\$19.50	\$38.00	Amy J. /DCMC	Gym
 Twinges	Thu	10:00 AM	10:30 AM	Jun 20	Aug 29	Jul 4	<b>FREE</b>	\$54.50	Bonnie S.	Pool

**PERSONAL TRAINING**

**VIRTUAL OPTIONS ARE ALSO AVAILABLE**

15-minute consultation (One time, for members only)	<b>FREE</b>	Kane Center
(1) 60-minute session OR (2) 30-minute sessions	\$60.00	Kane Center
(3) 60-minute or (6) 30-minute sessions of training	\$155.00	Kane Center
(6) 60-minute or (12) 30-minute sessions of training	\$295.00	Kane Center
(10) 60-minute or (20) 30-minute sessions of training	\$455.00	Kane Center

**\*\*SMALL GROUP PERSONAL TRAINING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<del>Small group (3-5 people)</del>	<del>Fri</del>	<del>8:15 AM</del>	<del>9:00 AM</del>	<del>Jun 21</del>	<del>Aug 9</del>	<del>Jul 26</del>	<del>\$65.00</del>	<del>--</del>	<del>Bailey C.</del>	<del>LSC</del>

**OFFSITE FITNESS CLASSES**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	Drop-In Fee	LOC
Yoga	Mon	8:15 AM	9:00 AM	Jun 17	Aug 26	--	\$47.00	\$93.50	\$10 Drop In	Anderson Dock
Pilates	Mon	9:15 AM	10:00 AM	Jun 17	Aug 26	--	\$47.00	\$93.50	\$10 Drop In	Anderson Dock
<del>Yoga</del>	<del>Fri</del>	<del>9:00 AM</del>	<del>10:00 AM</del>	<del>Jun 21</del>	<del>Aug 30</del>	<del>--</del>	<del>\$47.00</del>	<del>\$93.50</del>	<del>\$10 Drop In</del>	<del>Kinsey Property- 4148 Main- Street-Fish- Creek</del>

**SOCIAL ENGAGEMENT**

CLASS	DAY	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Mahjongg- All Levels	Fri	10:30 AM	12:30 PM	Beginner Play Every Friday	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Ukulele Jam	Mon	1:00 PM	2:45 PM	Jun 24, Jul 8, Jul 22, Aug 12, Aug 26	--	<b>FREE</b>	<b>FREE</b>	--	Studio A
Together Tuesday	Tue	11:00 AM	1:00 PM	2nd & 4th Tuesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Lobby
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Third Wednesday of the month	--	<b>FREE</b>	<b>FREE</b>	--	Studio A