



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	FREE	\$49.25	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 25	Aug 20	Jun 18	FREE	\$49.25	Christine M.	Virtual
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Jun 28	Aug 23	Jun 21, Jul 5	FREE	\$49.25	Abby T.	Virtual
Step	Mon	8:00 AM	9:00 AM	Jun 24	Aug 19	Jun 17	FREE	\$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
Adult Dance - Ballet & Tap	Wed	9:00 AM	9:45 AM	Jun 19	Aug 28	July 10	\$47.00	\$93.50	Mae D.	Studio C
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
Offsite Yoga	Fri	9:00 AM	10:00 AM	Jun 21	Aug 30		\$47.00	\$93.50	Mae D.	Kinsey Property 4148 Main Street Fish Creek
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		FREE	\$54.50	Lesley A.	Studio A
Step Express	Wed	5:15 PM	5:45 PM	Jun 19	Aug 28		FREE	\$54.50	Jana R.	Studio A

STRENGTH/CONDITIONING											
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	
Circuit Training	Tue	8:00 AM	9:00 AM	Jun 18	Aug 20		\$28.50	\$70.00	Bailey C.	Gym	
 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	FREE	\$49.50	Bailey C.	Gym	
 Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Jun 19	Aug 21		FREE	\$49.50	Bailey C.	Gym	
 Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 17	Aug 19		FREE	\$49.50	Dale J.	Gym	
 Silver Sneakers Classic	Tue	9:15 AM	10:00 AM	Jun 18	Aug 20		FREE	\$49.50	Mynn L.	Gym	
 Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Jun 20	Aug 22	Jul 4	FREE	\$49.50	Dale J.	Gym	

WATER FITNESS											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
 Aqualite	Tue	8:00 AM	9:00 AM	Jun 18	Aug 27		FREE	\$54.50	Mary G.	Pool	
 Aqualite	Thu	8:00 AM	9:00 AM	Jun 20	Aug 29	Jul 4	FREE	\$54.50	Mary G.	Pool	
AquaYoga	Tue	9:15 AM	10:00 AM	Jun 18	Aug 27		\$47.00	\$77.00	Lisa G.	Pool	
AquaYoga	Thu	9:15 AM	10:00 AM	Jun 20	Aug 29	Jul 4	\$42.50	\$77.00	Lisa G.	Pool	
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	FREE	\$54.50	Bonnie S.	Pool

PERSONAL TRAINING

VIRTUAL OPTIONS ARE ALSO AVAILABLE

15-minute consultation (One time, for members only)	FREE	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
Small group (3-5 people)	Fri	8:15 AM	9:00 AM	Jun 21	Aug 9	Jul 26	\$65.00	--	Bailey C.	LSC

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
Yoga	Fri	9:00 AM	10:00 AM	Jun 21	Aug 30	--	\$47.00	\$93.50	\$10 Drop In	Kinsey Property 4148 Main Street Fish Creek

SOCIAL ENGAGEMENT

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