



F124 GROUP FITNESS

Fall 1 2024 • September 3 - October 27

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	Sept 5	Oct 24		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						Free	\$39.50	Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 3	Oct 22		Free	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						Free	\$39.50	Abby T.	Virtual
Step	Previously recorded classes available! Register to receive						Free	\$39.50	Stephanie K.	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
Pilates	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Mae D.	Studio C
Pilates	Tue	7:45 AM	8:45 AM	Sept 3	Oct 22		\$34.00	\$68.00	Lisa G.	Studio C
Pilates	Thu	7:45 AM	8:45 AM	Sept 5	Oct 24		\$34.00	\$68.00	Lisa G.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Thu	4:00 PM	5:00 PM	Sept 5	Oct 24		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Fri	9:00 AM	10:00 AM	Sept 6	Oct 25		\$34.00	\$68.00	Jeff S.	Studio C
Yoga-Aqua	Thu	9:15 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Lisa G.	Pool
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Sept 3	Oct 22		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Chair	Tue	10:15 AM	11:00 AM	Sept 3	Oct 22		\$34.00	\$68.00	Mynn L.	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Core & More	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2 & 30	\$10.50	\$42.00	Owen A.	Studio A
Core & More	Fri	9:00 AM	9:45 AM	Sept 6	Oct 25	Sept 27	\$14.00	\$56.00	Owen A.	Studio A
Cycle	Mon	8:00 AM	8:45 AM	Sept 9	Oct 21	Sept 2	\$22.50	\$56.00	Sverre F.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Sept 4	Oct 23		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Fri	8:00 AM	8:45 AM	Sept 6	Oct 25		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Tue	6:30 AM	7:30 AM	Sept 3	Oct 22		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Sept 5	Oct 24		\$22.50	\$56.00	Stephan R.	Studio B
Step	Fri	7:00 AM	8:00 AM	Sept 6	Oct 25		FREE	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Sept 4	Oct 23		FREE	\$39.50	Jana R.	Studio A
Tone & Flow	Thu	8:00 AM	8:45 AM	Sept 5	Oct 24		\$22.50	\$56.00	Amy J.	Studio A

STRENGTH/CONDITIONING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Sept 9	Oct 21	Sept 2	\$34.00	\$68.00	Heather G.	Gym

BodyPump™	Tue	8:00-AM	9:00-AM	Sept 3	Oct 22		\$34.00	\$68.00	Amy J.	Studio-A
BodyPump™	Tue	4:30 PM	5:30 PM	Sept 3	Oct 22		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Sept 4	Oct 23		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Thu	8:00-AM	9:00-AM	Sept 5	Oct 24		\$34.00	\$68.00	Amy J.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Sept 6	Oct 25		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Sept 7	Oct 26		\$34.00	\$68.00	Rotation	Gym
ForeverWell Strength	Mon	9:00 AM	10:00 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:00 AM	10:00 AM	Sept 4	Oct 23		\$14.00	\$56.00	Bonnie S.	Studio A
Silver & Fit Experience	Mon	10:15 AM	11:00 AM	Sept 9	Oct 21	Sept 2	FREE	\$39.50	Kim / Bailey	Gym
Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Sept 4	Oct 23		FREE	\$39.50	Kim / Bailey	Gym
Silver & Fit Experience	Fri	10:15 AM	11:00 AM	Sept 6	Oct 25		FREE	\$39.50	Bailey C.	Gym
Silver Sneakers Classic	Tue	9:15 AM	10:00 AM	Sept 3	Oct 22		FREE	\$39.50	Mynn L.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sept 5	Oct 24		FREE	\$39.50	Kim	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Aqualite	Tue	8:00 AM	9:00 AM	Sept 3	Oct 22		FREE	\$39.50	Mary G.	Pool
Aqualite	Thu	8:00 AM	9:00 AM	Sept 5	Oct 24		FREE	\$39.50	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Sept 4	Oct 23		\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Sept 6	Oct 25		\$14.00	\$56.00	Diana W.	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sept 9	Oct 21	Sept 2	\$14.00	\$56.00	Bill W.	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Sept 6	Oct 25		\$14.00	\$56.00	Bill W.	Pool
Yoga-Aqua	Thu	9:15 AM	10:00 AM	Sept 5	Oct 24		\$34.00	\$68.00	Lisa G.	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	Sept 3	Oct 24		\$14.00	\$28.00	Amy J. /DCMC	Gym
Twinges	Thu	10:00 AM	10:30 AM	Sept 5	Oct 24		FREE	\$39.50	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 Aqua (3-5 people)	Tue	9:15 AM	10:00 AM	Sept 3	Oct 22		\$65.00	--	Lisa G.	LSC

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pickleball Beginner/ Intermediate	Mon	5:00 PM	6:30 PM	Sept 9	Oct 21	Sept 2	FREE	FREE	--	Gym

SOCIAL ENGAGEMENT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month		--	FREE	FREE	--	Social Lounge

Mahjongg- All Levels	Fri	10:30 AM	12:30 PM	Beginner Play Every Friday	--	FREE	FREE	--	Social Lounge
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday		FREE	FREE		Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday	--	FREE	FREE	--	Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Sept 25, Oct 30th	--	FREE	FREE	--	Studio A
Together Thursday	Thu	12:00 PM	1:00 PM	Sept 19th, Oct 17th		FREE	FREE		Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	Sept 9th, 23rd, Oct 14th, 28th	--	FREE	FREE	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Sept 18th, Oct 16th	--	FREE	FREE	--	Social Lounge