



F224 GROUP FITNESS

Fall 2 2024 • October 28–December 22

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	Oct 31	Dec 19	Nov 28	\$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	Oct 29	Dec 17		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	Tue	8:00 AM	8:45 AM	Oct 29	Dec 17		\$34.00	\$68.00	Lisa G.	Studio C
Pilates	Thu	8:00 AM	8:45 AM	Oct 31	Dec 19	Nov 14 & 28	\$25.50	\$51.00	Lisa G.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Oct 28	Dec 16		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Thu	4:00 PM	5:00 PM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Fri	9:00 AM	10:00 AM	Nov 1	Dec 20		\$34.00	\$68.00	Jeff S.	Studio C
Yoga - Aqua Beginner	Thu	9:15 AM	10:00 AM	Oct 31	Dec 19	Nov 14 & 28	\$25.50	\$51.00	Lisa G.	Pool
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Oct 29	Dec 17		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Liz H.	Studio C
Yoga - Chair	Thu	10:15 AM	11:15 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Kay	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Core & More	Fri	9:00 AM	9:45 AM	Nov 1	Dec 20		\$22.50	\$56.00	Owen A.	Studio A
Cycle	Tue	6:30 AM	7:30 AM	Oct 29	Dec 17		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Oct 30	Dec 18		\$22.50	\$56.00	Katie/ Catherine	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Fri	8:15 AM	9:15 AM	Nov 1	Dec 20		\$22.50	\$56.00	Katie M.	Studio B
Step	Fri	7:45 AM	8:45 AM	Nov 1	Dec 20		FREE	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Oct 30	Dec 18		FREE	\$39.50	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:00 AM	Oct 31	Dec 19	Nov 28	\$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	Oct 28	Dec 30		\$34.00	\$68.00	Heather G.	Gym

	BodyPump™	Tue	8:15 AM	9:15 AM	Oct 29	Dec 17		\$34.00	\$68.00	Amy J.	Studio A
	BodyPump™	Tue	4:30 PM	5:30 PM	Oct 29	Dec 17		\$34.00	\$68.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Oct 30	Dec 18		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Nov 1	Dec 27		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Nov 2	Dec 28		\$34.00	\$68.00	Rotation	Gym
55+	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Oct 28	Dec 16		\$14.00	\$56.00	Bonnie S.	Studio A
55+	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Oct 30	Dec 18		\$14.00	\$56.00	Bonnie S.	Studio A
55+	Silver & Fit Experience	Mon	10:15 AM	11:00 AM	Oct 28	Dec 16		FREE	\$39.50	Andrea	Gym
55+	Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Oct 30	Dec 18		FREE	\$39.50	Sue	Gym
55+	Silver Sneakers Classic	Fri	10:15 AM	11:00 AM	Nov 1	Dec 20		FREE	\$39.50		Gym

WATER FITNESS

						NO CLASS					
CLASS	DAY	START	END	START	END	CLASS	MEMBER	COMM.	INST	LOC	
55+	Aqualite	Tue	8:00 AM	9:00 AM	Oct 29	Dec 17		FREE	\$39.50	Mary G.	Pool
55+	Aqualite	Thu	8:00 AM	9:00 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Oct 28	Dec 16		\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Oct 30	Dec 18		\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Fri	9:00 AM	10:05 AM	Nov 1	Dec 20		\$14.00	\$56.00	Diana W.	Pool
	Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Oct 28	Dec 30		\$14.00	\$56.00	Bill W.	Pool
	Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Nov 1	Dec 27		\$14.00	\$56.00	Bill W.	Pool
	Small Group Yoga-Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Oct 29	Dec 17		\$65.00	--	Lisa G.	Pool
	Yoga - Aqua Beginner	Thu	9:15 AM	10:00 AM	Oct 31	Dec 19	Nov 14 & 28	\$25.50	\$51.00	Lisa G.	Pool

SPECIALTY PROGRAMMING

						NO CLASS					
CLASS	DAY	START	END	START	END	CLASS	MEMBER	COMM.	INST	LOC	
55+	Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Oct 29	Dec 19	Nov 28	\$14.00	\$28.00	Amy J. /DCMC	Gym
55+	Twinges	Thu	10:00 AM	10:30 AM	Oct 31	Dec 19	Nov 28	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**

						NO CLASS				
CLASS	DAY	START	END	START	END	CLASS	MEMBER	COMM.	INST	LOC
Small Group Aqua (3-5 people)	Tue	9:15 AM	10:00 AM	Oct 29	Dec 17		\$65.00	--	Lisa G.	Pool

ADULT RECREATION & SPORTS

						NO CLASS				
CLASS	DAY	START	END	START	END	CLASS	MEMBER	COMM.	INST	LOC
Adult Volleyball League		5:00 PM	6:45 PM	Nov 6	Feb 26	Dec 25 & Jan 1	\$250 Per team, additional \$35 per non Y member		--	Gym
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Oct 29	Dec 17		FREE	FREE	--	Gym
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Oct 28	Dec 30		FREE	FREE	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Oct 29	Dec 17		FREE	FREE	--	Gym
Pickleball All Levels	Wed	12:00 PM	3:00 PM	Oct 30	Dec 18		FREE	FREE	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Nov 8	Dec 27	Nov 1	FREE	FREE	--	Gym

Pickleball Advanced	Sat	7:00 AM	8:30 AM	Nov 2	Dec 21		FREE	FREE	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Oct 28	Dec 16		FREE	FREE	--	Gym

SOCIAL ENGAGEMENT

CLASS	DAY	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	Nov 27th, Dec 18th	--	FREE	FREE	--	Studio A
Together Days	Thu	12:00 PM	1:00 PM	Nov 20, Dec 12th		FREE	FREE		Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	Oct 28, Nov 11, Nov 25, Dec 9	--	FREE	FREE	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Nov 7th, Dec 4th	--	FREE	FREE	--	Studio A