



W125 GROUP FITNESS

Winter 1 2025 • January 2 - February 23

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
55+ ForeverWell Strength	Thu	8:50 AM	9:25 AM	Jan 2	Feb 20		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$39.50	Mary Claire M.	Virtual
55+ Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 7	Feb 18		FREE	\$39.50	Christine M.	Virtual
55+ 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	Sarah G./ Steph 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	Jan 7	Feb 18		\$34.00	\$68.00	Lisa G.	Studio C
Pilates	Thu	8:00 AM	8:45 AM	Jan 2	Feb 20		\$34.00	\$68.00	Lisa G.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Jan 6	Feb 17		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Thu	4:00 PM	5:00 PM	Jan 2	Feb 20		\$34.00	\$68.00	Jeff S.	Studio A
Tai Chi Movement	Fri	9:00 AM	10:00 AM	Jan 3	Feb 21		\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Jan 7	Feb 18		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jan 2	Feb 20		\$34.00	\$68.00	Liz H.	Studio C
Yoga - Chair	Thu	10:15 AM	11:15 AM	Jan 2	Feb 20		\$34.00	\$68.00	Kay N.	Studio C
Yoga - Power Vinyasa	Thu	4:30 PM	5:30 PM	Jan 2	Feb 20	Jan 23	\$34.00	\$68.00	Alissa S.	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Jan 6	Feb 17		\$34.00	\$68.00	Alissa S.	Studio C



CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Core & More	Fri	9:00 AM	9:45 AM	Jan 3	Feb 21	Jan 17	\$22.50	\$56.00	Owen A.	Studio A
Cycle	Tue	6:30 AM	7:30 AM	Jan 7	Feb 18		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Katie M.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jan 2	Feb 20		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Fri	8:15 AM	9:15 AM	Jan 3	Feb 21		\$22.50	\$56.00	Katie M.	Studio B
Cycle - Teen	Mon	4:15 PM	5:00 PM	Jan 6	Feb 17		\$22.50	\$56.00	Eric S	Studio B
Cycle - Teen	Wed	4:15 PM	5:00 PM	Jan 8	Feb 19	Jan 1	\$22.50	\$56.00	Eric S	Studio B
Step	Fri	7:45 AM	8:45 AM	Jan 3	Feb 21		FREE	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:00 AM	Jan 2	Feb 20	Feb 6	\$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	Jan 6	Feb 17		\$34.00	\$68.00	Heather G.	Gym
BodyPump™	Tue	8:15 AM	9:15 AM	Jan 7	Feb 18	Feb 4 Feb 11	\$25.50	\$51.00	Amy J.	Studio A
BodyPump™	Tue	4:30 PM	5:30 PM	Jan 7	Feb 18		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Jan 8	Feb 19	Jan 1	\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Jan 3	Feb 21		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Jan 4	Feb 22		\$34.00	\$68.00	Rotation	Gym
 ForeverWell Strength	Mon	9:00 AM	10:00 AM	Jan 6	Feb 17		\$14.00	\$56.00	Bonnie S.	Studio A
 ForeverWell Strength	Wed	9:00 AM	10:00 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Bonnie S.	Studio A
 Silver & Fit - Virtual in Person	Mon	10:15 AM	11:00 AM	Jan 6	Feb 17		FREE	\$39.50	Virtual	Studio A
 Silver Sneakers Classic - Virtual in Person	Tue	10:15 AM	11:00 AM	Jan 7	Feb 18		FREE	\$39.50	Virtual	Studio A
 Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Jan 8	Feb 19	Jan 1	FREE	\$39.50	Sue & Bonnie	Gym
 Silver Sneakers Stability	Fri	10:00 AM	10:45 AM	Jan 3	Feb 21		FREE	\$39.50	Kim D	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
 Aqualite	Tue	8:00 AM	9:00 AM	Jan 7	Feb 18		FREE	\$39.50	Mary G.	Pool
 Aqualite	Thu	8:00 AM	9:00 AM	Jan 2	Feb 20		FREE	\$39.50	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Jan 6	Feb 17		\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Jan 8	Feb 19	Jan 1	\$14.00	\$56.00	Mary G.	Pool
Small Group Yoga-Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Jan 7	Feb 18		\$65.00	--	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	Jan 2	Feb 20		\$14.00	\$28.00	Amy J./ DCMC	Gym
 Twinges	Thu	10:00 AM	10:30 AM	Jan 2	Feb 20		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	Jan 7	Feb 18		\$65.00	--	Lisa G.	Pool

ADULT RECREATION & SPORTS										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Adult Volleyball League		5:00 PM	6:45 PM	Currently in Session			\$250 Per team, additional \$35 per non Y member		--	Gym
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Year Round			FREE	FREE	--	Gym
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Jan 6	Feb 17		FREE	FREE	--	Gym
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Jan 7	Feb 18		FREE	FREE	--	Gym
Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Jan 8	Feb 19	Jan 1	FREE	FREE	--	Gym
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Jan 3	Feb 21	Feb 14	FREE	FREE	--	Gym
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Jan 4	Feb 22		FREE	FREE	--	Gym
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Jan 6	Feb 17		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	Jan 29, Feb 26			FREE	FREE	--	Studio A
Together Days	Thu	12:00 PM	1:00 PM	Feb 26			FREE	FREE	--	Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday of the month			FREE	FREE	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Jan 15, Feb 19			FREE	FREE	--	Studio A