



W225 GROUP FITNESS

Winter 2 2025 • February 24-April 18

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	Feb 27	Apr 17		\$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	Feb 25	Apr 15		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	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
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Feb 24	Apr 14		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement	Thu	4:00 PM	5:00 PM	Feb 27	Apr 17		\$34.00	\$68.00	Jeff S.	Studio A
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Feb 28	Apr 18		\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Feb 25	Mar 18		\$17.00	\$34.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:15 AM	10:15 AM	Feb 27	Apr 17		\$34.00	\$68.00	Amie	Studio C
Yoga—Chair	Thu	10:15 AM	11:15 AM	Feb 27	Apr 17		\$34.00	\$68.00	Kay N.	Studio C
Yoga - Power Vinyasa	Thu	4:30 PM	5:30 PM	Feb 27	Apr 17		\$34.00	\$68.00	Alissa S.	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Alissa S.	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle	Tue	6:30 AM	7:30 AM	Feb 25	Apr 15		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Feb 26	Apr 16		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Feb 27	Apr 17		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Fri	8:15 AM	9:15 AM	Feb 28	Apr 18		\$22.50	\$56.00	Katie M.	Studio B
Cycle - Teen	Mon	4:15 PM	5:00 PM	Feb 24	Apr 14	Mar 24	\$22.50	\$56.00	Eric S	Studio B
Cycle - Teen	Wed	4:15 PM	5:00 PM	Feb 26	Apr 16	Mar 26	\$22.50	\$56.00	Eric S	Studio B
Step	Fri	7:45 AM	8:45 AM	Feb 28	Apr 18		FREE	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Feb 26	Apr 16		FREE	\$39.50	Jana R.	Studio A
Tone & Flow	Thu	8:15 AM	9:15 AM	Feb 27	Apr 17		\$22.50	\$56.00	Amie B.	Studio A

STRENGTH/CONDITIONING										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Feb 24	Apr 14		\$34.00	\$68.00	Heather G.	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Feb 25	Apr 15		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Feb 26	Apr 16		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Feb 28	Apr 18		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Mar 1	Apr 12		\$30.00	\$60.00	Rotation	Gym
55+ ForeverWell Strength	Mon	9:00 AM	10:00 AM	Feb 24	Apr 14		\$14.00	\$56.00	Bonnie S.	Studio A
55+ ForeverWell Strength	Wed	9:00 AM	10:00 AM	Feb 26	Apr 16		\$14.00	\$56.00	Bonnie S.	Studio A
55+ Silver & Fit Experience	Mon	10:15 AM	11:00 AM	Feb 24	Apr 14		FREE	\$39.50	Andrea S.	Gym
55+ Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Feb 26	Apr 16		FREE	\$39.50	Sue	Gym
55+ Silver Sneakers Classic Virtual	Thu	10:15 AM	11:00 AM	Feb 27	Apr 17		FREE	\$39.50	Virtual	Studio A
55+ Silver Sneakers Stability	Fri	10:00 AM	10:45 AM	Feb 28	Apr 18		FREE	\$39.50	Kim D.	Gym

WATER FITNESS										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
NEW Adult Swim Lessons	Mon	4:35 PM	5:10 PM	Feb 24	Apr 14	Mar 17 Mar 24	\$28.50	\$57.00	Brian	Pool
55+ Aqualite	Tue	8:00 AM	9:00 AM	Feb 25	Apr 15	Mar 18 Mar 25	FREE	\$30.00	Mary G.	Pool
55+ Aqualite	Thu	8:00 AM	9:00 AM	Feb 27	Apr 17	Mar 20 Mar 27	FREE	\$30.00	Mary G.	Pool
NEW Beginner Adult Swim Lessons	Wed	4:35 PM	5:10 PM	Feb 26	April 16	Mar 20 Mar 26	\$28.50	\$57.00	Katherine	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Feb 24	Apr 14	Mar 17 Mar 24	\$10.50	\$42.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Feb 26	Apr 16	Mar 19 Mar 26	\$10.50	\$42.00	Mary G.	Pool
Small Group Yoga-Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Feb 25	Apr 15	Mar 18 Mar 25	\$48.50	--	Lisa G.	Pool

SPECIALTY PROGRAMMING										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+ Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Feb 25	Apr 17		\$14.00	\$28.00	Amy J./ DCMC	Gym
55+ Twinges	Thu	10:00 AM	10:30 AM	Feb 27	Apr 17	Mar 20 Mar 27	FREE	\$30.00	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	Feb 25	Apr 15	Mar 18 Mar 25	\$48.50	--	Lisa G.	Pool

ADULT RECREATION & SPORTS											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Pick Up Volleyball	Wed	4:30 PM	6:45 PM	Mar 12	Apr 16		FREE	\$60	--	Gym	
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Year Round			FREE	Daily Fee	--	Gym	
Pickleball All Levels	Mon	12:00 PM	3:00 PM	Feb 24	Apr 14		FREE	Daily Fee	--	Gym	
Pickleball Beginner	Mon	5:00 PM	6:30 PM	Feb 24	Apr 14		FREE	Daily Fee	--	Gym	
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Feb 25	Apr 15		FREE	Daily Fee	--	Gym	
Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Feb 26	Apr 16		FREE	Daily Fee	--	Gym	
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Feb 28	Apr 18		FREE	Daily Fee	--	Gym	
Pickleball Advanced	Sat	7:00 AM	8:30 AM	Mar 1	Apr 12		FREE	Daily Fee	--	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	11:00 AM	1:00 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	Feb 26, Mar 26			FREE	FREE	--	Studio A	
Together Days	Thu	12:00 PM	1:00 PM	Feb 26, Mar 17th			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	Mar 19, Apr 16			FREE	FREE	--	Studio A	