



SP25 GROUP FITNESS

SPRING 2025 • April 21 - June 15

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	Apr 24	Jun 12		\$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	Apr 22	Jun 10		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
Pilates	Fri	9:00 AM	9:45 AM	Apr 25	Jun 13		\$34.00	\$68.00	Owen	Studio A
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Apr 25	Jun 13		\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	May 6	Jun 10	Apr 26 Apr 29	\$25.50	\$51.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	May 8	Jun 12	Apr 24 May 1	\$25.50	\$51.00	Liz H.	Studio C
Yoga - Chair	Thu	10:15 AM	11:15 AM	Apr 24	Jun 12		\$34.00	\$68.00	Kay N.	Studio C
Yoga - Power Vinyasa	Thu	4:30 PM	5:30 PM	Apr 24	Jun 12		\$34.00	\$68.00	Alissa S.	Studio C
Yoga - Restorative	Mon	10:15 AM	11:15 AM	Apr 21	Jun 9	May 26	\$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	Apr 22	Jun 10		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Wed	8:15 AM	9:00 AM	Apr 23	Jun 11		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Apr 24	Jun 12		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Fri	8:15 AM	9:15 AM	Apr 25	Jun 13		\$22.50	\$56.00	Katie M.	Studio B
Dance Fit	Wed	4:00 PM	5:00 PM	Apr 30	Jun 11		\$34.00	\$68.00	Owen	Studio C
Silver Dance Fit	Fri	10:15 AM	11:15 AM	Apr 25	Jun 13		\$34.00	\$68.00	Leslie W.	Studio C
Step	Fri	7:45 AM	8:45 AM	Apr 25	Jun 13		FREE	\$39.50	Lesley A.	Studio A
Step Express	Wed	5:30 PM	6:00 PM	Apr 23	Jun 11		FREE	\$39.50	Jana R.	Studio A

STRENGTH/CONDITIONING										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
BodyPump™	Mon	8:15 AM	9:15 AM	Apr 21	Jun 9	May 26	\$34.00	\$68.00	Heather G.	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Apr 22	Jun 10		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Apr 23	Jun 11		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Apr 25	Jun 13		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	May 3	Jun 14	Apr 26	\$34.00	\$68.00	Rotation	Gym
55+ ForeverWell Strength	Mon	9:00 AM	10:00 AM	Apr 21	Jun 9	May 26	\$14.00	\$56.00	Bonnie S.	Studio A
55+ ForeverWell Strength	Wed	9:00 AM	10:00 AM	Apr 23	Jun 11		\$14.00	\$56.00	Bonnie S.	Studio A
Silver & Fit Experience	Tue	10:15 AM	11:00 AM	Apr 29	Jun 10		FREE	\$39.50	Bailey	Gym
55+ Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Apr 23	Jun 11		FREE	\$39.50	Sue	Gym
55+ Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Apr 21	Jun 9	May 26	FREE	\$39.50	Andrea S.	Gym
55+ Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 24	Jun 12	May 29	FREE	\$39.50	Bailey	Gym
55+ Silver Sneakers Stability	Fri	9:30 AM	10:15 AM	Apr 25	Jun 13		FREE	\$39.50	Kim D.	Gym

WATER FITNESS										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+ Aqualite	Tue	8:00 AM	9:00 AM	Apr 22	Jun 10		FREE	\$30.00	Mary G.	Pool
55+ Aqualite	Thu	8:00 AM	9:00 AM	Apr 24	Jun 12		FREE	\$30.00	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Apr 21	Jun 9	May 26	\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Apr 23	Jun 11		\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Apr 25	Jun 13		\$14.00	\$56.00	Diana W	Pool
Small Group Yoga-Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Apr 22	Jun 10		\$65.00	\$65.00	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	Apr 22	Jun 12		\$14.00	\$28.00	Amy J./DCMC	Gym
55+ Twinges	Thu	10:00 AM	10:30 AM	Apr 24	Jun 12		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	Apr 22	Jun 10		\$65.00	\$65.00	Lisa G.	Pool

ADULT RECREATION & SPORTS											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Pick Up Volleyball	Wed	5:00 PM	7:00 PM	Apr 23	May 28		FREE	\$40.00	--	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	Apr 21	Jun 9	May 26	FREE	Daily Fee	--	Gym	
Pickleball Beginner	Mon	5:00 PM	6:30 PM	May 12	Jun 9	May 26	FREE	Daily Fee	--	Gym	
Pickleball Advanced	Tue	12:30 PM	3:00 PM	Apr 22	Jun 10		FREE	Daily Fee	--	Gym	
Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Apr 23	Jun 11		FREE	Daily Fee	--	Gym	
Pickleball All Levels	Fri	12:00 PM	3:00 PM	Apr 25	Jun 13		FREE	Daily Fee	--	Gym	
Pickleball Advanced	Sat	7:00 AM	8:30 AM	May 3	Jun 14	Apr 26	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	All Levels Every Friday			FREE	FREE	--	Studio A	
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	Apr 30 & May 28			FREE	FREE	--	Studio A	
Together Days	Thu	12:00 PM	1:00 PM	May 8			FREE	FREE	--	Studio A	
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	May 21			FREE	FREE	--	Studio A	