



# 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 & 29	\$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		<b>FREE</b>	\$39.50	Lesley A.	Studio A
	Step Express	Wed	5:30 PM	6:00 PM	Apr 23	Jun 11		<b>FREE</b>	\$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
Silver & Fit Experience	Wed	10:15 AM	11:00 AM	Apr 23	Jun 11		FREE	\$39.50	Sue	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Apr 21	Jun 9	May 26	FREE	\$39.50	Andrea S.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 24	Jun 12	May 29	FREE	\$39.50	Bailey	Gym
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	May 29	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	May 20	Jun 10		\$32.50	\$32.50	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	Apr 22	Jun 12	May 29	\$14.00	\$28.00	Amy J./ DCMC	Gym
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	May 20	Jun 10		\$32.50	\$32.50	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 21		FREE	\$40.00	--	Gym	
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Apr 22	May 20		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	