



F125 GROUP FITNESS

Fall 1 2025 • September 2 - October 26

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	Sep 4	Oct 23		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$39.50	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 2	Oct 14	Oct 21	FREE	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$39.50	Abby B.	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
NEW	Meditation and Stretch	Wed	5:15 PM	5:45 PM	Sep 3	Oct 22		\$34.00	\$68.00	Jana R.	Studio C
	Pilates	Wed	10:15 AM	11:00 AM	Sep 10	Oct 22		\$34.00	\$68.00	Owen	Studio A
	Pilates	Fri	9:00 AM	9:45 AM	Sep 5	Oct 24		\$34.00	\$68.00	Owen	Studio A
	Tai Chi Movement	Mon	9:00 AM	10:00 AM	Sep 8	Oct 20		\$34.00	\$68.00	Jeff S.	Studio C
	Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Sep 5	Oct 24		\$34.00	\$68.00	Jeff S.	Studio C
	Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Sep 2	Oct 21		\$34.00	\$68.00	Liz H.	Studio C
	Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Sep 4	Oct 23		\$34.00	\$68.00	Liz H.	Studio C
	Yoga - Chair	Tue	10:30 AM	11:30 AM	Sep 2	Oct 21		\$34.00	\$68.00	Mynn L.	Studio C
	Yoga—Flow & Stretch	Mon	7:00 AM	8:00 AM	Sep 8	Oct 20		\$34.00	\$68.00	Amie B.	Studio A
	Yoga - Flow & Stretch	Thu	8:15 AM	9:15 AM	Sep 4	Oct 23		\$34.00	\$68.00	Amie B.	Studio A

CARDIO

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	Cycle	Mon	8:00 AM	8:45 AM	Sep 8	Oct 20		\$22.50	\$56.00	Sverre	Studio B
	Cycle	Tue	6:30 AM	7:30 AM	Sep 2	Oct 21		\$22.50	\$56.00	Stephan R.	Studio B
	Cycle	Tue	8:00 AM	8:45 AM	Sep 2	Oct 21		\$22.50	\$56.00	Katie M.	Studio B
	Cycle	Tue	5:45 PM	6:30 PM	Sep 9	Oct 21		\$22.50	\$56.00	Eric S.	Studio B
	Cycle	Thu	6:30 AM	7:30 AM	Sep 4	Oct 23		\$22.50	\$56.00	Stephan R.	Studio B
NEW	Cycle Express	Thu	5:30 PM	6:00 PM	Sep 11	Oct 23		\$22.50	\$56.00	Jana R.	Studio B
	Cycle and Stretch	Fri	8:00 AM	9:00 AM	Sep 5	Oct 24		\$22.50	\$56.00	Katie M.	Studio B
	Silver Dance Fit	Wed	9:30 AM	10:30 AM	Sep 3	Oct 22		\$14.00	\$56.00	Leslie W.	Studio C
	Step	Fri	7:45 AM	8:45 AM	Sep 5	Oct 24		FREE	\$39.50	Lesley A.	Studio A

STRENGTH/CONDITIONING

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	BodyPump™	Mon	8:15 AM	9:15 AM	Sep 8	Oct 20		\$34.00	\$68.00	Heather G.	Gym
	BodyPump™	Tue	4:30 PM	5:30 PM	Sep 2	Oct 21		\$34.00	\$68.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Sep 3	Oct 22		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Sep 5	Oct 24		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Sep 6	Oct 25		\$34.00	\$68.00	Rotation	Gym
55+	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Sep 8	Oct 20		\$14.00	\$56.00	Bonnie S.	Studio A
55+	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Sep 3	Oct 22		\$14.00	\$56.00	Bonnie S.	Studio A
55+	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Sep 8	Oct 20		FREE	\$39.50	Andrea	Gym
55+	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Sep 2	Oct 21		FREE	\$39.50	Mynn L.	Gym
55+	Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Sep 3	Oct 22		FREE	\$39.50	Laura C.	Gym
55+	Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sep 4	Oct 23		FREE	\$39.50	Laura C.	Gym
NEW	Silver Sneakers BOOM MUSCLE	Fri	9:30 AM	10:15 AM	Sep 5	Oct 24		FREE	\$39.50	Leslie W.	Gym

WATER FITNESS

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Aqualite	Tue	8:00 AM	9:00 AM	Sep 2	Oct 21		FREE	\$39.50	Mary G.	Pool
55+	Aqualite	Thu	8:00 AM	9:00 AM	Sep 4	Oct 23		FREE	\$39.50	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Sep 8	Oct 20		\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Sep 3	Oct 22		\$14.00	\$56.00	Mary G.	Pool
	Small Group Yoga Aqua (3-5 People)	Tue	9:15 AM	10:00 AM	Sep 2	Oct 21		\$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	Sep 2	Oct 23		\$14.00	\$27.50	Laura C.	Gym
55+	Twinges	Thu	10:00 AM	10:30 AM	Sep 4	Oct 23		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 Personal Training (3-5 people)	Tue	5:00 PM	6:00 PM	Sep 2	Oct 21		\$65.00	N/A	Amanda S	LSC
NEW	Small Group Personal Training (3-5 people)	Thu	5:00 PM	6:00 PM	Sep 4	Oct 23		\$65.00	N/A	Amanda S	LSC
	Small Group Aqua (3-5 people)	Tue	9:15 AM	10:00 AM	Sep 2	Oct 21		\$65.00	N/A	Lisa G.	Pool

	ADULT RECREATION & SPORTS										
	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Sep 2	Oct 21		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	11:00 AM	1:00 PM	All Levels Every Friday			FREE	FREE	--	Studio A
	Sheepshead	Tue	12:00 PM	3:00 PM	Evey Tuesday			FREE	FREE	--	Studio A
	Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Sep 24			FREE	FREE	--	Studio A
	Together Days	Thu	12:00 PM	1:00 PM	See FW Newsletter			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	See FW Newsletter			FREE	FREE	--	Studio A