



F225 GROUP FITNESS

Fall 2 2025 • October 27 – December 21

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	Oct 30	Dec 12	Nov 27	\$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	Oct 28	Dec 16		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 Small Group Intro to Foam Rolling	Mon	5:15 PM	6:00 PM	Nov 3	Dec 15		\$65.00	N/A	Amadnda S	Studio A
NEW Small Group Intro to Foam Rolling	Sat	10:15 AM	11:00 AM	Nov 1	Dec 20		\$65.00	N/A	Amanda S	Studio A
Pilates	Fri	9:00 AM	9:45 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Owen	Studio A
NEW Restorative Yoga	Tue	5:45 PM	6:45 PM	Oct 28	Dec 16		\$34.00	\$68.00	Kim D.	Studio C
NEW Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Oct 29	Dec 17		\$34.00	\$68.00	Jana R.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Oct 27	Dec 15		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Oct 31	Dec 19	Nov 28	\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Oct 28	Dec 16		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Oct 30	Dec 18	Nov 27	\$34.00	\$68.00	Liz H.	Studio C
NEW Yoga- Beginner/Int.	Sat	8:00 AM	9:00 AM	Nov 1	Dec 20	Nov 29	\$34.00	\$68.00	Kim D.	Studio C
Yoga - Chair	Thu	10:30 AM	11:30 AM	Oct 30	Dec 18	Nov 27	\$34.00	\$68.00	Kim D.	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle	Tue	6:30 AM	7:30 AM	Nov 4	Dec 16		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Tue	8:15 AM	9:00 AM	Oct 28	Dec 16		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Oct 30	Dec 16	Nov 27	\$22.50	\$56.00	Stephan R.	Studio B
NEW Cycle Express	Thu	5:00 PM	5:30 PM	Oct 30	Dec 18	Nov 27	\$22.50	\$56.00	Jana R.	Studio B
Cycle and Stretch	Fri	8:15 AM	9:15 AM	Oct 31	Dec 19	Nov 28	\$22.50	\$56.00	Katie M.	Studio B
Step	Fri	7:45 AM	8:45 AM	Oct 31	Dec 19	Nov 28	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	Oct 27	Dec 15		\$34.00	\$68.00	Heather G.	Gym
	BodyPump™	Tue	4:30 PM	5:30 PM	Oct 28	Dec 16		\$34.00	\$68.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Oct 29	Dec 17		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Oct 31	Dec 19		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Nov 1	Dec 20		\$34.00	\$68.00	Rotation	Gym
55+	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Oct 27	Dec 15		\$14.00	\$56.00	Bonnie S.	Studio A
55+	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Oct 29	Dec 17		\$14.00	\$56.00	Bonnie S.	Studio A
55+	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Oct 27	Dec 15		FREE	\$39.50	Andrea	Gym
55+	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Oct 28	Dec 16		FREE	\$39.50	Laura C.	Gym
55+	Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Oct 29	Dec 17		FREE	\$39.50	Laura C.	Gym
NEW	Silver & Fit Experience	Thu	9:30 AM	10:15 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Kim D.	Gym
55+	Silver Sneakers Classic	Fri	9:45 AM	10:30 AM	Oct 31	Dec 19	Nov 28	FREE	\$39.50	Laura C.	Gym

NEW Y'S WEIGHT LOSS PROGRAM

A 12-week weight loss program with no gimmicks and no restrictive approaches-just tools you need to make the necessary changes to achieve your wellness goals. Our program provides helpful tips and strategies to incorporate nutrition and physical activity into your lifestyle, while also addressing motivation, obstacles and pitfalls that make losing weight (and keeping it off) such a challenge. Contact Tess J. for more details

	PACKAGE OPTIONS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Y's-Weight-Loss-Program	Wed	8:00 AM	9:00 AM	Oct 29	Jan 14	Dec 24	\$100.00	\$125.00	Tess J.	Studio C

WATER FITNESS

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
55+	Aqualite	Tue	8:00 AM	9:00 AM	Oct 28	Dec 16		FREE	\$39.50	Mary G.	Pool
55+	Aqualite	Thu	8:00 AM	9:00 AM	Oct 30	Dec 18	Nov 27	FREE	\$39.50	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Oct 27	Dec 15		\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Oct 29	Dec 17		\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Fri	9:00 AM	10:05 AM	Oct 31	Dec 19	Nov 28	\$14.00	\$56.00	Mary H.	Pool
55+	Swim Challenge - Swimopoly	9+	More details coming soon Registration ends Jan. 30th			Oct 20	Feb 22	\$25.00	\$25.00	N/A	Comp. 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	Oct 28	Dec 18	Nov 27	\$14.00	\$27.50	Laura C.	Gym
55+	Twinges	Thu	10:00 AM	10:30 AM	Oct 30	Dec 18	Nov 27	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
NEW	Small Group Intro to Foam Rolling	Mon	5:15 PM	6:00 PM	Nov 3	Dec 15		\$65.00	N/A	Amadnda S	Studio A
NEW	Small Group Intro to Foam Rolling	Sat	10:15 AM	11:00 AM	Nov 1	Dec 20		\$65.00	N/A	Amanda S	Studio A
	Small Group Personal Training (3-5 people)	Tue	5:00 PM	6:00 PM	Nov 4	Dec 16		\$65.00	N/A	Amanda S	LSC
	Small Group Personal Training (3-5 people)	Thu	5:00 PM	6:00 PM	Oct 30	Dec 18	Nov 27	\$65.00	N/A	Amanda S	LSC

ADULT RECREATION & SPORTS											
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC	
Beginner Pickleball Class	Mon	5:00 PM	6:30 PM	Oct.27	Dec.15	Nov 17	FREE		Bill	Gym	
Open Pickleball All Levels Play	Mon	12:00 PM	3:00 PM	Oct 27	Dec 15		FREE	Daily Fee	--	Gym	
Open Pickleball Advanced Play	Tue	12:30 PM	3:00 PM	Oct 28	Dec 16		FREE	Daily Fee	--	Gym	
Open Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Oct 29	Dec 17		FREE	Daily Fee	--	Gym	
Open Pickleball All Levels	Fri	12:15 PM	3:00 PM	Oct 31	Dec 19		FREE	Daily Fee	--	Gym	
Open Pickleball Advanced Play	Sat	7:00 AM	8:30 AM	Nov 1	Dec 20		FREE	Daily Fee	--	Gym	
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Oct 28	Dec 16		FREE	Daily Fee	--	Gym	
Pick Up Soccer Games	Wed	5:00 PM	6:45 PM	Nov 5	Dec 17		FREE	Daily Fee	--	Gym	
Co-Ed Volleyball League	Wed	5:30 PM	8:30 PM	Nov-5	Feb-25	Nov-26 Dec-24 Dec-31	\$325	\$325	--	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	--	Social Lounge	
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	Oct 29 & Nov 26			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	