



# W126 GROUP FITNESS

Winter 1 2026 • January 5-February 22

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 physician's 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	Jan 8	Feb 19		\$14.00	\$56.00	Mary Claire M.	Virtual
Healthy Choice				Previously recorded classes available! Register to receive			<b>FREE</b>	\$39.50	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic				Previously recorded classes available! Register to receive			<b>FREE</b>	\$39.50	Abby B.	Virtual

**\*4 person minimum for a virtual class to run**

## 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
NEW Y's Weight Loss Program	Tue	4:00 PM	5:00 PM	Jan 6	Mar 24		\$100.00	\$125.00	Tess J.	Studio C
NEW Y's Weight Loss Program	Wed	7:45 AM	8:45 AM	Jan 7	Mar 25		\$100.00	\$125.00	Tess J.	Studio C

## PERSONAL TRAINING

### VIRTUAL OPTIONS ARE ALSO AVAILABLE

15-minute consultation (One time, for members only)	<b>FREE</b>	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 Intro to Foam Rolling	Mon	5:15 PM	6:00 PM	Jan 5	Feb 16		\$65.00	N/A	Amanda S.	Studio A
Small Group Personal Training (3-6 people)	Tue	5:00 PM	6:00 PM	Jan 6	Feb 17		\$65.00	N/A	Amanda S.	LSC
Small Group Personal Training (3-6 people)	Thu	5:00 PM	6:00 PM	Jan 8	Feb 19	Jan 29	\$65.00	N/A	Amanda S.	LSC

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Mon	3:00 PM	3:45 PM	Jan 5	Feb 16		\$34.00	\$68.00	Owen A.	Studio B
Pilates	Thu	4:00 PM	4:45 PM	Jan 8	Feb 19		\$34.00	\$68.00	Luke T.	Studio A
Pilates	Fri	9:00 AM	9:45 AM	Jan 9	Feb 20		\$34.00	\$68.00	Owen A.	Studio A
Small Group Intro to Foam Rolling	Mon	5:15 PM	6:00 PM	Jan 5	Feb 16		\$65.00	N/A	Amanda S.	Studio A
Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Jan 7	Feb 18		\$34.00	\$68.00	Jana R.	Studio A
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Jan 5	Feb 16		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Jan 9	Feb 20		\$34.00	\$68.00	Jeff S.	Studio C
Yoga—Beginner/Int.	Mon	8:00 AM	8:45 AM	Jan 5	Feb 16		\$34.00	\$68.00	Kim D.	Studio C

Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Jan 6	Feb 17		\$34.00	\$68.00	Liz H.	Studio C
Yoga- Restorative	Tue	5:45 PM	6:45 PM	Jan 6	Feb 17		\$34.00	\$68.00	Kim D.	Studio C
<b>Yoga-Beginner/Int.</b>	<b>Wed</b>	<b>9:00 AM</b>	<b>10:00 AM</b>	<b>Jan 7</b>	<b>Feb 18</b>		<b>\$34.00</b>	<b>\$68.00</b>	<b>Kim-D.</b>	<b>Studio-C</b>
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jan 8	Feb 19		\$34.00	\$68.00	Liz H.	Studio C
<b>Yoga-Beginner/Int.</b>	<b>Fri</b>	<b>8:00 AM</b>	<b>8:45 AM</b>	<b>Jan 9</b>	<b>Feb 20</b>		<b>\$34.00</b>	<b>\$68.00</b>	<b>Kim-D.</b>	<b>Studio-C</b>
Yoga - Chair	Tue	10:30 AM	11:30 AM	Jan 6	Feb 17		\$34.00	\$68.00	Mynn L.	Studio C
Yoga - Chair	Thu	10:30 AM	11:30 AM	Jan 8	Feb 19		\$34.00	\$68.00	<b>Mynn L.</b>	Studio C

**CARDIO**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle	Tue	6:30 AM	7:30 AM	Jan 6	Feb 17		\$22.50	\$56.00	Stephan R.	Studio B
Cycle	Tue	8:15 AM	9:00 AM	Jan 6	Feb 17		\$22.50	\$56.00	Katie M.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Jan 8	Feb 19		\$22.50	\$56.00	Stephan R.	Studio B
<b>Cycle</b>	<b>Thu</b>	<b>5:00 PM</b>	<b>5:30 PM</b>	<b>Jan 8</b>	<b>Feb 19</b>	<b>Jan 29</b>	<b>\$22.50</b>	<b>\$56.00</b>	<b>Jana R.</b>	<b>Studio-B</b>
Cycle and Stretch	Fri	8:15 AM	9:15 AM	Jan 9	Feb 20		\$22.50	\$56.00	Katie M.	Studio B
<b>Silver Dance Fit</b>	<b>Tue</b>	<b>9:30 AM</b>	<b>10:30 AM</b>	<b>Jan 6</b>	<b>Feb 17</b>		<b>\$14.00</b>	<b>\$56.00</b>	<b>Leslie G.</b>	<b>Studio-A</b>
Step	Fri	7:45 AM	8:45 AM	Jan 9	Feb 20		<b>FREE</b>	\$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	Jan 5	Feb 16		\$34.00	\$68.00	Heather G.	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Jan 6	Feb 17		\$34.00	\$68.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Jan 7	Feb 18		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Jan 9	Feb 20		\$34.00	\$68.00	Amie B.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Jan 10	Feb 21		\$34.00	\$68.00	Rotation	Gym
<b>ForeverWell Strength</b>	Mon	9:00 AM	10:00 AM	Jan 5	Feb 16		\$14.00	\$56.00	Bonnie S.	Studio A
<b>ForeverWell Strength</b>	Wed	9:00 AM	10:00 AM	Jan 7	Feb 18		\$14.00	\$56.00	Bonnie S.	Studio A
Power Lift	Thu	8:15 AM	9:15 AM	Jan 8	Feb 19		\$34.00	\$68.00	Amie B.	Studio A
Power Lift	Thu	4:30 PM	5:30 PM	Jan 8	Feb 19	Jan 29	\$34.00	\$68.00	Amie B.	Studio C
Power Lift	Sun	10:00 AM	11:00 AM	Jan 11	Feb 22		\$34.00	\$68.00	Amie B.	Studio C
<b>Silver Sneakers Classic</b>	Mon	10:15 AM	11:00 AM	Jan 5	Feb 16		<b>FREE</b>	\$39.50	Andrea	Gym
<b>Silver Sneakers Classic</b>	Tue	9:30 AM	10:15 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Mynn L.	Gym
<b>Silver Sneakers Stability</b>	Wed	10:15 AM	11:00 AM	Jan 7	Feb 18		<b>FREE</b>	\$39.50	Laura C.	Gym
<b>Silver &amp; Fit Experience</b>	Thu	9:30 AM	10:15 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Kim D.	Gym
<b>Silver Sneakers BOOM MUSCLE</b>	Fri	9:45 AM	10:30 AM	Jan 9	Feb 20		<b>FREE</b>	\$39.50	Leslie G.	Gym

**WATER FITNESS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Aqualite</b>	Tue	8:00 AM	9:00 AM	Jan 6	Feb 17		<b>FREE</b>	\$39.50	Mary G.	Pool
<b>Aqualite</b>	Thu	8:00 AM	9:00 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Jan 5	Feb 16		\$14.00	\$56.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Jan 7	Feb 18		\$14.00	\$56.00	Mary G.	Pool
Adult Swim Lessons	Mon	5:15 PM	6:00 PM	Jan 5	Feb 16	Jan 19	\$33.25	\$66.50	Brian	Pool
<b>Swim Challenge—Swimopoly</b>	9+	<b>More details coming soon—Registration ends Feb 27</b>					\$25.00	\$25.00	N/A	Comp. Pool

**SPECIALTY PROGRAMMING**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Jan 6	Feb 19		\$14.00	\$27.50	Laura C.	Gym
Twinges	Thu	10:00 AM	10:30 AM	Jan 8	Feb 19		<b>FREE</b>	\$39.50	Bonnie S.	Pool

<b>ADULT RECREATION &amp; SPORTS</b>										
CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Beginner Pickleball Class			Returning in Winter 2							
Open Pickleball All Levels Play	Mon	12:00 PM	3:00 PM	Jan 5	Feb 16		<b>FREE</b>	Daily Fee	--	Gym
Open Pickleball Beginner/Inter	Mon	5:00 PM	6:30 PM	Jan 5	Feb 16		<b>FREE</b>	Daily Fee	--	Gym
Open Pickleball Advanced Play	Tue	12:30 PM	3:00 PM	Jan 6	Feb 17		<b>FREE</b>	Daily Fee	--	Gym
Open Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Jan 7	Feb 18		<b>FREE</b>	Daily Fee	--	Gym
Open Pickleball All Levels	Fri	12:15 PM	3:00 PM	Jan 9	Feb 20		<b>FREE</b>	Daily Fee	--	Gym
Open Pickleball Advanced Play	Sat	7:00 AM	8:30 AM	Jan 10	Feb 21		<b>FREE</b>	Daily Fee	--	Gym
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Jan 6	Feb 17		<b>FREE</b>	Daily Fee	--	Gym
Pick Up Soccer Games	Wed	5:00 PM	6:45 PM	Jan 7	Feb 18		<b>FREE</b>	Daily Fee	--	Gym

  

<b>SOCIAL ENGAGEMENT</b>										
CLASS	DAY	START	END	2nd & 4th Tuesday of the Month	All Levels Every Friday	NO CLASS	MEMBER	COMM.	INST	LOC
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the Month	All Levels Every Friday		<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Mahjongg- All Levels	Fri	11:00 AM	1:00 PM				<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM	Evey Tuesday			<b>FREE</b>	<b>FREE</b>	--	Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:30 PM	Jan 28			<b>FREE</b>	<b>FREE</b>	--	Studio A
Together Days	Thu	12:00 PM	1:00 PM	See FW Newsletter			<b>FREE</b>	<b>FREE</b>	--	Studio A
Ukulele Jam	Mon	1:00 PM	2:45 PM	2nd & 4th Monday of the Month			<b>FREE</b>	<b>FREE</b>	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	See FW Newsletter			<b>FREE</b>	<b>FREE</b>	--	Studio A