



# W226 GROUP FITNESS

Winter 2 2026 • February 23-April 19

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	Feb 26	Apr 16		\$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	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Christine M.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						<b>FREE</b>	\$39.50	Staff	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
Y's Weight Loss Program	Tue	4:00 PM	5:00 PM	Jan 6	Mar 24		\$100.00	\$125.00	Tess J.	Studio C
<b>Y's Weight Loss Program</b>	<b>Tue</b>	<b>4:00 PM</b>	<b>5:00 PM</b>	<b>Mar 31</b>	<b>Jun 16</b>		<b>\$100.00</b>	<b>\$125.00</b>	<b>Tess J.</b>	<b>Studio C</b>

## PERSONAL TRAINING (MEMBERS ONLY)

**VIRTUAL OPTIONS ARE ALSO AVAILABLE** Sessions expire one year after date of purchase

PACKAGE OPTIONS	MEMBER	COMM.	INST	LOC
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
<b>NEW</b> Race Ready at the Y	Wed Sat	5:00 PM 8:00 AM	6:00 PM 9:00 AM	Feb 25	Apr 29		\$65.00	N/A	Amanda S.	LSC
Small Group Intro to Foam Rolling	Mon	5:15 PM	6:00 PM	Feb 23	Apr 13		\$65.00	N/A	Amanda S.	Studio A
Small Group Personal Training (3-6 people)	Tue	5:00 PM	6:00 PM	Feb 24	Apr 14		\$65.00	N/A	Amanda S.	Studio B
Small Group Personal Training (3-6 people)	Thu	5:00 PM	6:00 PM	Feb 26	Apr 16		\$65.00	N/A	Amanda S.	Studio B

## BODY, MIND & SPIRIT








CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Fri	9:00 AM	9:45 AM	Feb 27	Apr 17		\$34.00	\$68.00	Luke T.	Studio A
Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Feb 25	Apr 15		\$34.00	\$68.00	Jana R.	Studio A
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Feb 23	Apr 13		\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Feb 27	Apr 17		\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Feb 24	Apr 14		\$34.00	\$68.00	Liz H. / Kim D.	Studio C

	Yoga- Restorative	Tue	5:45 PM	6:45 PM	Feb 24	Apr 14		\$34.00	\$68.00	Kim D.	Studio C
	Yoga- Beginner/Int.	Wed	9:00 AM	10:00 AM	Feb 25	Apr 15		\$34.00	\$68.00	Kim D.	Studio C
	Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Feb 26	Apr 16		\$34.00	\$68.00	Liz H. / Kim D.	Studio C
	Chair Yoga	Tue	10:30 AM	11:30 AM	Feb 24	Apr 14		\$34.00	\$68.00	Liz H. / 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	Feb 24	Apr 14		\$22.50	\$56.00	Stephan R.	Studio B
	Cycle	Tue	8:15 AM	9:00 AM	Feb 24	Apr 14		\$22.50	\$56.00	Katie M.	Studio B
	Cycle	Wed	4:30 PM	5:00 PM	Feb 25	Apr 15		\$22.50	\$56.00	Jana R.	Studio B
	Cycle	Thu	6:30 AM	7:30 AM	Feb 26	Apr 16		\$22.50	\$56.00	Stephan R.	Studio B
	Cycle and Stretch	Fri	8:15 AM	9:15 AM	Feb 27	Apr 17		\$22.50	\$56.00	Katie M.	Studio B
	Step	Fri	7:45 AM	8:45 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Lesley A.	Studio A
<b>NEW</b>	Race Ready at the Y	Wed Sat	5:00 PM 8:00 AM	6:00 PM 9:00 AM	Feb 25	Apr 29		\$65.00	N/A	Amanda S.	LSC

**STRENGTH/CONDITIONING**

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	BodyPump™	Mon	8:15 AM	9:15 AM	Feb 23	Apr 13		\$34.00	\$68.00	Heather G.	Gym
	BodyPump™	Tue	4:30 PM	5:30 PM	Feb 24	Apr 14		\$34.00	\$68.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Feb 25	Apr 15		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Feb 27	Apr 17		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Feb 28	Apr 18		\$34.00	\$68.00	Rotation	Gym
	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Feb 23	Apr 13		\$14.00	\$56.00	Bonnie S.	Studio A
	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Feb 25	Apr 15		\$14.00	\$56.00	Bonnie S.	Studio A
	Power Lift	Thu	8:15 AM	9:15 AM	Feb 26	Apr 16		\$34.00	\$68.00	Amie B.	Studio A
	Power Lift	Thu	4:30 PM	5:30 PM	Feb 26	Apr 16		\$34.00	\$68.00	Amie B.	Studio C
	Power Lift	Sun	10:00 AM	11:00 AM	Mar 1	Apr 19	Apr 5	\$34.00	\$68.00	Amie B.	Studio C
	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Feb 23	Apr 13		<b>FREE</b>	\$39.50	Andrea	Gym
	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Laura C.	Gym
	Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Feb 25	Apr 15		<b>FREE</b>	\$39.50	Kim D.	Gym
	Silver & Fit Experience	Thu	9:30 AM	10:15 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Laura C.	Gym
	Silver Sneakers BOOM MUSCLE	Fri	9:45 AM	10:30 AM	Feb 27	Apr 17		<b>FREE</b>	\$39.50	Leslie G.	Gym

**WATER FITNESS**

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
	Aqualite	Tue	8:00 AM	9:00 AM	Feb 24	Apr 14		<b>FREE</b>	\$39.50	Jolene M/Mary G.	Pool
	Aqualite	Thu	8:00 AM	9:00 AM	Mar 26	Apr 16		<b>FREE</b>	\$20.00	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Mar 23	Apr 13		\$7.00	\$28.00	Sally P./Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Mar 25	Apr 15		\$7.00	\$28.00	Mary G.	Pool
	Adult Swim Lessons	Mon	5:15 PM	6:00 PM	Mar 2	Apr 13		\$33.25	\$66.50	Brian	Pool
	Swim Challenge - Swimopoly	9+	More details coming soon Registration ends Feb 27					\$25.00	\$25.00	N/A	Comp. Pool
	Swim Challenge - Swimopoly	9+ yr	Swim your way around our swimopoly board with either beginner or advanced sets available. More information will be provided upon registration or at the welcome center.			Feb 23	Jun 5	\$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	Feb 24	Apr 16		\$14.00	\$27.50	Laura C.	Gym
	Twinges	Thu	10:00 AM	10:30 AM	Feb 26	Apr 16		<b>FREE</b>	\$39.50	Bonnie S.	Pool

**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	Mar 2	Apr 13	Feb 23	FREE	--	Lori S.	Gym
	Open Pickleball All Levels Play	Mon	12:00 PM	3:00 PM	Feb 23	Apr 13		FREE	Daily Fee	--	Gym
	Open Pickleball Advanced Play	Tue	12:30 PM	3:00 PM	Feb 24	Apr 14		FREE	Daily Fee	--	Gym
	Open Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Feb 25	Apr 15		FREE	Daily Fee	--	Gym
	Open Pickleball All Levels	Fri	12:15 PM	3:00 PM	Feb 27	Apr 17		FREE	Daily Fee	--	Gym
	Open Pickleball Advanced Play	Sat	7:00 AM	8:30 AM	Feb 28	Apr 18		FREE	Daily Fee	--	Gym
	Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	Feb 24	Apr 14		FREE	Daily Fee	--	Gym
	Pick Up Soccer Games	Wed	5:00 PM	6:45 PM	Feb 25	Apr 15		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	--	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	Feb 25, Mar 25			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