



# SP26 GROUP FITNESS

SPRING 2026 • April 20 - June 14

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 23	Jun 11		\$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	Apr 21	Jun 9		FREE	\$39.50	Becky A.	Virtual	
Silver Sneakers Classic	Previously recorded classes available! Register to receive							FREE	\$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	Mar 31	Jun 16		\$100.00	\$125.00	Tess J.	Studio 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)	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 (3-6 people)	Tue	5:00 PM	6:00 PM	Apr 28	Jun 9	Apr 21	\$65.00	N/A	Amanda S.	Studio B
Small Group Personal Training (3-6 people)	Thu	5:00 PM	6:00 PM	Apr 23	Jun 11		\$65.00	N/A	Amanda S.	Studio B

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Wed	10:15 AM	11:00 AM	Apr 22	Jun 10		\$34.00	\$68.00	Owen A.	Studio A
Pilates	Thu	3:30 PM	4:15 PM	Apr 30	Jun 11	Apr 23	\$34.00	\$68.00	Luke T.	Studio C
Pilates	Fri	9:00 AM	9:45 AM	Apr 24	Jun 12		\$34.00	\$68.00	Owen A.	Studio A
Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Apr 22	Jun 10		\$34.00	\$68.00	Jana R.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Apr 24	Jun 12		\$34.00	\$68.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Apr 21	Jun 9		\$34.00	\$68.00	Kim D. / Liz H	Studio C
Yoga- Restorative	Tue	5:45 PM	6:45 PM	Apr 21	Jun 9		\$34.00	\$68.00	Kim D.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Apr 23	Jun 11		\$34.00	\$68.00	Kim D. / Liz H	Studio C

	Chair Yoga	Tue	10:30 AM	11:30 AM	Apr 21	Jun 9		\$34.00	\$68.00	Kim D./ Mynn L.	Studio C
<b>CARDIO</b>											
	<b>CLASS</b>	<b>DAY</b>	<b>START</b>	<b>END</b>	<b>START</b>	<b>END</b>	<b>NO CLASS</b>	<b>MEMBER</b>	<b>COMM.</b>	<b>INST</b>	<b>LOC</b>
	Cycle	Mon	5:15 PM	6:00 PM	Apr 20	Jun 8	May 25	\$22.50	\$56.00	Jana R.	Studio B
	Cycle	Tue	6:30 AM	7:30 AM	Apr 21	Jun 9		\$22.50	\$56.00	Stephan R.	Studio B
	Cycle	Tue	8:15 AM	9:00 AM	Apr 21	Jun 9		\$22.50	\$56.00	Katie M.	Studio B
	Cycle	Thu	6:30 AM	7:30 AM	Apr 23	Jun 11		\$22.50	\$56.00	Stephan R.	Studio B
	Cycle and Stretch	Fri	8:15 AM	9:15 AM	Apr 24	Jun 12		\$22.50	\$56.00	Katie M.	Studio B
🧡	Step	Fri	7:45 AM	8:45 AM	Apr 24	Jun 12		<b>FREE</b>	\$39.50	Lesley A.	Studio A
<b>STRENGTH/CONDITIONING</b>											
	<b>CLASS</b>	<b>DAY</b>	<b>START</b>	<b>END</b>	<b>START</b>	<b>END</b>	<b>NO CLASS</b>	<b>MEMBER</b>	<b>COMM.</b>	<b>INST</b>	<b>LOC</b>
	BodyPump™	Mon	8:15 AM	9:15 AM	Apr 20	Jun 8	May 25	\$34.00	\$68.00	Heather G.	Gym
	BodyPump™	Tue	4:30 PM	5:30 PM	Apr 21	Jun 9		\$34.00	\$68.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Apr 22	Jun 10		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Apr 24	Jun 12		\$34.00	\$68.00	Amie B.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Apr 25	Jun 13		\$34.00	\$68.00	Rotation	Gym
🧡	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Apr 20	Jun 8	May 25	\$14.00	\$56.00	Bonnie S.	Studio A
🧡	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Apr 22	Jun 10		\$14.00	\$56.00	Bonnie S.	Studio A
	Power Lift	Thu	8:15 AM	9:15 AM	Apr 23	Jun 11		\$34.00	\$68.00	Amie B.	Studio A
	Power Lift	Thu	4:30 PM	5:30 PM	Apr 23	Jun 11		\$34.00	\$68.00	Amie B.	Studio C
	Power Lift	Sun	10:00 AM	11:00 AM	Apr 26	Jun 14	May 24	\$34.00	\$68.00	Amie B.	Studio C
🧡	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Apr 20	Jun 8	May 25	<b>FREE</b>	\$39.50	Andrea	Gym
🧡	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Apr 21	Jun 9		<b>FREE</b>	\$39.50	Laura C./ Mynn L.	Gym
🧡	Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Apr 22	Jun 10		<b>FREE</b>	\$39.50	Laura C.	Gym
🧡	Silver & Fit Experience	Thu	10:15 AM	11:00 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Kim D.	Gym
🧡	Silver Sneakers BOOM MUSCLE	Fri	9:45 AM	10:30 AM	Apr 24	Jun 12		<b>FREE</b>	\$39.50	Leslie G.	Gym
<b>WATER FITNESS</b>											
	<b>CLASS</b>	<b>DAY</b>	<b>START</b>	<b>END</b>	<b>START</b>	<b>END</b>	<b>NO CLASS</b>	<b>MEMBER</b>	<b>COMM.</b>	<b>INST</b>	<b>LOC</b>
🧡	Aqualite	Tue	8:00 AM	9:00 AM	Apr 21	Jun 9		<b>FREE</b>	\$39.50	Mary G.	Pool
🧡	Aqualite	Thu	8:00 AM	9:00 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Apr 20	Jun 8	May 25	\$14.00	\$56.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Apr 22	Jun 10		\$14.00	\$56.00	Mary G.	Pool
	Adult Swim Lessons	Mon	5:15 PM	6:00 PM	Apr 20	Jun 1	May 25	\$33.25	\$66.50	Brian	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.			Jun 5		\$25.00	\$25.00	N/A	Comp Pool
<b>SPECIALTY PROGRAMMING</b>											
	<b>CLASS</b>	<b>DAY</b>	<b>START</b>	<b>END</b>	<b>START</b>	<b>END</b>	<b>NO CLASS</b>	<b>MEMBER</b>	<b>COMM.</b>	<b>INST</b>	<b>LOC</b>
🧡	Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Apr 21	Jun 11		\$14.00	\$27.50	Laura C.	Gym
🧡	Twinges	Thu	10:00 AM	10:30 AM	Apr 23	Jun 11		<b>FREE</b>	\$39.50	Bonnie S.	Pool
<b>ADULT RECREATION &amp; SPORTS</b>											
	<b>CLASS</b>	<b>DAY</b>	<b>START</b>	<b>END</b>	<b>START</b>	<b>END</b>	<b>NO CLASS</b>	<b>MEMBER</b>	<b>COMM.</b>	<b>INST</b>	<b>LOC</b>
	Beginner Pickleball Class	Mon	5:00 PM	6:30 PM	Apr 20	Jun 8	May 25	<b>FREE</b>	--	Lori S.	Gym
	Open Pickleball All Levels Play	Mon	12:00 PM	3:00 PM	Apr 20	Jun 8	May 25	<b>FREE</b>	Daily Fee	--	Gym
	Open Pickleball Advanced Play	Tue	12:30 PM	3:00 PM	Apr 21	Jun 9		<b>FREE</b>	Daily Fee	--	Gym
	Open Pickleball Inter/Advanced	Wed	12:00 PM	3:00 PM	Apr 22	Jun 10		<b>FREE</b>	Daily Fee	--	Gym
	Open Pickleball All Levels	Fri	12:15 PM	3:00 PM	Apr 24	Jun 12		<b>FREE</b>	Daily Fee	--	Gym

Open Pickleball Advanced Play	Sat	7:00 AM	8:30 AM	Apr 25	Jun 13		<b>FREE</b>	Daily Fee	--	Gym
Pick Up Basketball Games	Tue	5:30 PM	7:00 PM	Apr 21	May 19		<b>FREE</b>	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		<b>FREE</b>	<b>FREE</b>	--	Social Lounge
Mahjongg- All Levels	Fri	11:00 AM	1:00 PM	All Levels Every Friday		<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	Apr 29 & May 27		<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	May 25	<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