



# S26 GROUP FITNESS

Summer 2026 • June 15 - August 23

Jackie & Steve Kane Program Center • 920.868.3660  
3866 Gibraltar Rd. Fish Creek, WI 54212

**55+** 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	Jun 18	Aug 20		\$20.00	\$75.00	Mary Claire M.	Virtual	
Healthy Choice	Previously recorded classes available! Register to receive							<b>FREE</b>	\$75.00	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM				<b>FREE</b>	\$75.00	Becky A.	Virtual	
Silver Sneakers Classic	Previously recorded classes available! Register to receive							<b>FREE</b>	\$75.00	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									Tess J.	

## 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	\$63.00	--	--	Kane Center
(3) 60-minute or (6) 30-minute sessions of training	\$163.00	--	--	Kane Center
(6) 60-minute or (12) 30-minute sessions of training	\$310.00	--	--	Kane Center
(10) 60-minute or (20) 30-minute sessions of training	\$479.00	--	--	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)	Wed	4:00 PM	5:00 PM	Jun 17	Aug 19		\$82.00	N/A	Amanda S.	Studio B
Small Group Personal Training (3-6 people)	Sat	9:00 AM	10:00 AM	Jun 20	Aug 22		\$82.00	N/A	Amanda S.	Studio B

## BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Wed	9:00 AM	9:45 AM	Jun 17	Aug 19		\$45.00	\$90.00	Owen A.	Studio C
Pilates	Fri	9:00 AM	9:45 AM	Jun 19	Aug 21		\$45.00	\$90.00	Owen A.	Studio A
Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Jun 17	Aug 19		\$45.00	\$90.00	Jana R.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Jun 15	Aug 17		\$45.00	\$90.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Jun 19	Aug 21		\$45.00	\$90.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Mon	7:30 AM	8:30 AM	Jun 29	Aug 17	Jun 15 Jun 22	\$36.00	\$72.00	Kim D.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Jun 16	Aug 18		\$45.00	\$90.00	Liz H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Jun 18	Aug 20		\$45.00	\$90.00	Liz H.	Studio C
Yoga- Beginner/Int.	Fri	7:30 AM	8:30 AM	Jun 26	Aug 21	Jun 19	\$45.00	\$90.00	Kim D.	Studio C

	Chair Yoga	Tue	10:30 AM	11:30 AM	Jun 16	Aug 18		\$45.00	\$90.00	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	8:00 AM	9:00 AM	Jun 15	Aug 17		\$28.50	\$75.00	Sverre F.	Studio B
	Cycle	Tue	6:30 AM	7:30 AM	Jun 16	Aug 18		\$28.50	\$75.00	Stephan R.	Studio B
	Cycle	Thu	6:30 AM	7:30 AM	Jun 18	Aug 20		\$28.50	\$75.00	Stephan R.	Studio B
	Cycle	Thu	8:00 AM	9:00 AM	Jun 18	Aug 20		\$28.50	\$75.00	Eric S.	Studio B
	Cycle and Stretch	Fri	8:15 AM	9:15 AM	Jun 19	Aug 21		\$28.50	\$75.00	Katie M.	Studio B
	Silver Dance Fit	Wed	10:00 AM	11:00 AM	Jun 17	Aug 19		<del>\$20.00</del>	<del>\$75.00</del>	Leslie G.	Studio C
	Step	Fri	7:45 AM	8:45 AM	Jun 19	Aug 21		FREE	\$75.00	Lesley A.	Studio A
	Zumba Gold -- Limited Time Offer	Thu	9:45 AM	10:45 AM	Jun 4	Jul 2		Daily Fee	Daily Fee	Robin S.	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	6:15 AM	7:15 AM	Jun 15	Aug 17		\$45.00	\$90.00	Chris H.	Gym
	BodyPump™	Mon	8:15 AM	9:15 AM	Jun 15	Aug 17		\$45.00	\$90.00	Heather G.	Gym
	BodyPump™	Wed	8:15 AM	9:15 AM	Jun 17	Aug 19		\$45.00	\$90.00	Amie W.	Gym
	BodyPump™	Fri	6:15 AM	7:15 AM	Jun 19	Aug 21		\$45.00	\$90.00	Chris H.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Jun 19	Aug 21		\$45.00	\$90.00	Amie W.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Jun 20	Aug 22	Jul 4	\$45.00	\$90.00	Rotation	Gym
	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Jun 15	Aug 17		\$20.00	\$75.00	Bonnie S.	Studio A
	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Jun 17	Aug 19		\$20.00	\$75.00	Bonnie S.	Studio A
	Power Lift	Thu	6:15 AM	7:15 AM	Jun 25	Aug 20	Jun 18	\$45.00	\$90.00	Amie W.	Studio C
	Power Lift	Thu	8:15 AM	9:15 AM	Jun 25	Aug 20	Jun 18	\$45.00	\$90.00	Amie W.	Studio A
	Power Lift	Sun	9:15 AM	10:15 AM	Jun 21	Aug 23		\$45.00	\$90.00	Amie W.	Studio C
	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Jun 15	Aug 17		FREE	\$75.00	Andrea	Gym
	Silver & Fit Experience	Mon	11:15 AM	12:00 PM	Jun 15	Aug 17		FREE	\$75.00	Laura C.	Gym
	Silver Sneakers Stability	Tue	8:00 AM	9:15 AM	Jun 16	Aug 18		FREE	\$75.00	Amy I.	Gym
	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Jun 16	Aug 18		FREE	\$75.00	Mynn L.	Gym
	Silver Sneakers Stability	Wed	10:15 AM	11:00 AM	Jun 17	Aug 19		FREE	\$75.00	Laura C.	Gym
	Silver Sneakers Classic	Wed	11:15 AM	12:00 PM	Jun 17	Aug 19		FREE	\$75.00	Laura C.	Gym
	Silver Sneakers Classic	Thu	8:00 AM	9:15 AM	Jun 18	Aug 20		FREE	\$75.00	Laura C.	Gym
	Silver & Fit Experience	Thu	9:30 AM	10:15 AM	Jun 18	Aug 20		FREE	\$75.00	Laura C.	Gym
	Silver Sneakers BOOM MUSCLE	Fri	9:45 AM	10:30 AM	Jun 19	Aug 21		FREE	\$75.00	Laura C.	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	Jun 16	Aug 18		FREE	\$75.00	Mary G.	Pool
	Aqualite	Thu	8:00 AM	9:00 AM	Jun 18	Aug 20		FREE	\$75.00	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Jun 15	Aug 17		\$20.00	\$75.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Jun 17	Aug 19		\$20.00	\$75.00	Mary G.	Pool
	Pilaqua	Fri	9:00 AM	10:05 AM	Jun 19	Aug 21		\$20.00	\$75.00	Mary H.	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	Jun 16	Aug 20		\$20.00	\$40.00	Laura C.	Gym
	Twinges	Thu	10:00 AM	10:30 AM	Jun 18	Aug 20		FREE	\$75.00	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	Returning Fall 1									
	Beginner/Inter Pickleball	Mon	4:30 PM	6:00 PM	Jun 1	Aug 17		FREE	Daily Fee	--	Gym
	Pick Up Basketball Games	Tue	5:00 PM	6:00 PM	Jun 16	Aug 18		FREE	Daily Fee	--	Gym
<b>SOCIAL ENGAGEMENT</b>											

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	Jun 24, Jul 29		<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