



F126 GROUP FITNESS

Fall 1 2026 • August 31-October 25

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	Sep 3	Oct 22		\$16.00	\$60.00	Mary Claire M.	Virtual
Healthy Choice	Previously recorded classes available! Register to receive						FREE	\$60.00	Sarah G./ Mary Claire M.	Virtual
Land Arthritis	Tue	10:30 AM	11:15 AM	Sep 1	Oct 13	Oct 20	FREE	\$60.00	Becky A.	Virtual
Silver Sneakers Classic	Previously recorded classes available! Register to receive						FREE	\$60.00	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	Tue	4:00 PM	5:00 PM	Sep 1	Nov 17		\$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	\$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

BODY, MIND & SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pilates	Mon	8:00 AM	8:45 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Luke T.	Studio A
Pilates	Wed	9:00 AM	9:45 AM	Sep 2	Oct 21		\$36.00	\$72.00	Owen A.	Studio C
Pilates	Thu	9:30 AM	10:15 AM	Sep 3	Oct 22		\$36.00	\$72.00	Luke T.	Studio A
Pilates	Fri	9:00 AM	9:45 AM	Sep 4	Oct 23		\$36.00	\$72.00	Owen A.	Studio A
Stretch and Relaxation	Wed	5:15 PM	5:45 PM	Sep 2	Oct 21		\$36.00	\$72.00	Jana R.	Studio C
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Sep 4	Oct 23		\$36.00	\$72.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Sep 1	Oct 20		\$36.00	\$72.00	Liz H.	Studio C
Yoga- Restorative	Tue	5:45 PM	6:45 PM	Sep 1	Oct 20		\$36.00	\$72.00	Kim H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Sep 3	Oct 22		\$36.00	\$72.00	Liz H.	Studio C
Yoga- Beginner/Int.	Fri	7:45 AM	8:45 AM	Sep 4	Oct 23		\$36.00	\$72.00	Kim H.	Studio C
Chair Yoga	Tue	10:30 AM	11:30 AM	Sep 1	Oct 20		\$36.00	\$72.00	Mynn L.	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
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	Cycle	Mon	8:00 AM	9:00 AM	Aug 31	Oct 19	Sep 7	\$24.00	\$60.00	Sverre F.	Studio B
	Cycle	Mon	5:00 PM	5:45 PM	Aug 31	Oct 19	Sep 7	\$24.00	\$60.00	Jana R.	Studio B
	Cycle	Tue	6:30 AM	7:30 AM	Sep 1	Oct 20		\$24.00	\$60.00	Stephan R.	Studio B
	Cycle	Thu	6:30 AM	7:30 AM	Sep 3	Oct 22		\$24.00	\$60.00	Stephan R.	Studio B
	Cycle	Thu	8:00 AM	9:00 AM	Sep 3	Oct 22		\$24.00	\$60.00	Eric S.	Studio B
	Cycle and Stretch	Fri	8:15 AM	9:15 AM	Sep 4	Oct 23		\$24.00	\$60.00	Katie M.	Studio B
NEW	H.I.I.T	Wed	8:00 AM	8:45 AM	Sep 30	Oct 21		\$8.00	\$30.00	Neva M.	Studio A
NEW	H.I.I.T	Wed	4:30 PM	5:15 PM	Sep 30	Oct 21		\$8.00	\$30.00	Neva M.	Studio A
🧡	Step	Fri	7:45 AM	8:45 AM	Sep 4	Oct 23		FREE	\$60.00	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	Aug 31	Oct 19	Sep 7	\$36.00	\$72.00	Heather G.	Gym
	BodyPump™	Tue	4:30 PM	5:30 PM	Sep 1	Oct 20		\$36.00	\$72.00	Chris H.	Studio A
	BodyPump™	Wed	8:15 AM	9:15 AM	Sep 2	Oct 21		\$36.00	\$72.00	Amie W.	Gym
	BodyPump™	Fri	8:15 AM	9:15 AM	Sep 4	Oct 23		\$36.00	\$72.00	Amie W.	Gym
	BodyPump™	Sat	9:00 AM	10:00 AM	Sep 5	Oct 24		\$36.00	\$72.00	Rotation	Gym
🧡	ForeverWell Strength	Mon	9:00 AM	10:00 AM	Aug 31	Oct 19	Sep 7	\$16.00	\$60.00	Bonnie S.	Studio A
🧡	ForeverWell Strength	Wed	9:00 AM	10:00 AM	Sep 2	Oct 21		\$16.00	\$60.00	Bonnie S.	Studio A
	Power Lift	Thu	8:15 AM	9:15 AM	Sep 3	Oct 22	Sep 14	\$36.00	\$72.00	Amie W.	Studio A
	Power Lift	Thu	4:30 PM	5:30 PM	Sep 3	Oct 22	Sep 14	\$36.00	\$72.00	Amie W.	Studio C
	Power Lift	Sun	9:15 AM	10:15 AM	Sep 6	Oct 25	Sep 20	\$36.00	\$72.00	Amie W.	Studio C
🧡	Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Aug 31	Oct 19	Sep 7	FREE	\$60.00	Andrea O.	Gym
🧡	Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Sep 1	Oct 20		FREE	\$60.00	Mynn L.	Gym
🧡	Silver Sneakers Stability	Thu	10:15 AM	11:00 AM	Sep 2	Oct 21		FREE	\$60.00	Kim H.	Gym

WATER FITNESS

	CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
🧡	Aqualite	Tue	8:00 AM	9:00 AM	Sep 1	Oct 20		FREE	\$60.00	Mary G.	Pool
🧡	Aqualite	Thu	8:00 AM	9:00 AM	Sep 3	Oct 22		FREE	\$60.00	Mary G.	Pool
	Pilaqua	Mon	9:00 AM	10:05 AM	Aug 31	Oct 19	Sep 7	\$16.00	\$60.00	Mary G.	Pool
	Pilaqua	Wed	9:00 AM	10:05 AM	Sep 2	Oct 21		\$16.00	\$60.00	Mary G.	Pool
	Pilaqua	Fri	9:00 AM	10:05 AM	Sep 4	Oct 23		\$16.00	\$60.00	Mary H.	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	Sep 1	Oct 22		\$16.00	\$32.00	Kim H.	Gym
	Twinges	Thu	10:00 AM	10:30 AM	Sep 3	Oct 22		FREE	\$60.00	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	Aug 31	Oct 19	Sep 7	FREE	Daily Fee	Bill	Gym
	Pick Up Basketball Games	Tue	5:00 PM	7:00 PM	Sep 1	Oct 20		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	Aug 26 & Sep 30		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	Sep 7	FREE	FREE	--	Studio A
	Wisdom Wednesday	Wed	11:00 AM	12:30 PM	See FW Newsletter		FREE	FREE	--	Studio A