FALL 2 – GROUP PROGRAMS

F226 • October 26 – December 20, 2026

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	Oct 29	Dec 17	Nov 26	$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	Oct 27	Dec 15		**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	Dec 1	Mar 2	Jan 26, Feb 2	$100.00	$125.00	Tess J.	Studio C

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	Wed	9:00 AM	9:45 AM	Oct 28	Dec 16	Nov 25	$36.00	$72.00	Owen A.	Studio C
Pilates	Thu	9:30 AM	10:15 AM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Luke T.	Studio A
Pilates	Fri	9:00 AM	9:45 AM	Oct 30	Dec 18	Nov 20 Nov 27	$27.00	$54.00	Owen A.	Studio A
~~Stretch and Relaxation~~	~~Wed~~	~~5:15 PM~~	~~5:45 PM~~	~~Oct 28~~	~~Dec 16~~		~~$36.00~~	~~$72.00~~	~~Jana R.~~	~~Studio C~~
Tai Chi Movement	Mon	9:00 AM	10:00 AM	Oct 26	Dec 14		$36.00	$72.00	Jeff S.	Studio C
Tai Chi Movement 2	Fri	9:00 AM	10:00 AM	Oct 30	Dec 18	Nov 27	$36.00	$72.00	Jeff S.	Studio C
Yoga- Beginner/Int.	Tue	9:00 AM	10:00 AM	Oct 27	Dec 15		$36.00	$72.00	Liz H.	Studio C
Yoga- Restorative	Tue	5:45 PM	6:45 PM	Oct 27	Dec 15		$36.00	$72.00	Kim H.	Studio C
Yoga- Beginner/Int.	Thu	9:00 AM	10:00 AM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Liz H.	Studio C
Chair Yoga	Tue	10:30 AM	11:30 AM	Oct 27	Dec 15		$36.00	$72.00	Mynn L.	Studio C

CARDIO

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Cycle and Stretch	Mon	8:00 AM	9:00 AM	Oct 26	Dec 14		$24.00	$60.00	Katie M.	Studio B
~~Cycle~~	~~Mon~~	~~5:00 PM~~	~~5:45 PM~~	~~Oct 26~~	~~Dec 14~~		~~$24.00~~	~~$60.00~~	~~Jana R.~~	~~Studio B~~
Cycle	Tue	6:30 AM	7:30 AM	Oct 27	Dec 15		$24.00	$60.00	Stephan R.	Studio B
Cycle	Thu	6:30 AM	7:30 AM	Oct 29	Dec 17	Nov 26	$24.00	$60.00	Stephan R.	Studio B
Cycle	Thu	8:15 AM	9:00 AM	Oct 29	Dec 17	Nov 26	$24.00	$60.00	Katie M./Maggie S.	Studio B
$5+ Step	Fri	7:45 AM	8:45 AM	Oct 30	Dec 18	Nov 27	**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	Oct 26	Dec 14		$36.00	$72.00	Heather G.	Gym
BodyPump™	Tue	4:30 PM	5:30 PM	Oct 27	Dec 15		$36.00	$72.00	Chris H.	Studio A
BodyPump™	Wed	8:15 AM	9:15 AM	Oct 28	Dec 16		$36.00	$72.00	Amie W.	Gym
BodyPump™	Fri	8:15 AM	9:15 AM	Oct 30	Dec 18	Nov 27	$36.00	$72.00	Amie W.	Gym
BodyPump™	Sat	9:00 AM	10:00 AM	Oct 31	Dec 19	Nov 28	$36.00	$72.00	Rotation	Gym
$5+ ForeverWell Strength	Mon	9:00 AM	10:00 AM	Oct 26	Dec 14		$16.00	$60.00	Bonnie S.	Studio A
$5+ ForeverWell Strength	Wed	9:00 AM	10:00 AM	Oct 28	Dec 16		$16.00	$60.00	Bonnie S.	Studio A
Power Lift	Thu	8:15 AM	9:15 AM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Amie W.	Studio A
Power Lift	Thu	4:30 PM	5:30 PM	Oct 29	Dec 17	Nov 26	$36.00	$72.00	Amie W.	Studio C
$5+ Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Oct 26	Dec 14		**FREE**	$60.00	Andrea O.	Gym
$5+ Silver Sneakers Classic	Tue	9:30 AM	10:15 AM	Oct 27	Dec 15		**FREE**	$60.00	Mynn L.	Gym
$5+ Silver Sneakers Classic	Wed	9:45 AM	10:30 AM	Oct 28	Dec 16		**FREE**	$60.00	Mynn L.	Gym
$5+ Silver Sneakers Stability	Thu	10:15 AM	11:00 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Amy I.	Gym

WATER FITNESS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
$5+ Aqualite	Tue	8:00 AM	9:00 AM	Oct 27	Dec 15		**FREE**	$60.00	Mary G.	Pool
$5+ Aqualite	Thu	8:00 AM	9:00 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Mary G.	Pool
Pilaqua	Mon	9:00 AM	10:05 AM	Oct 26	Dec 14		$16.00	$60.00	Mary G.	Pool
Pilaqua	Wed	9:00 AM	10:05 AM	Oct 28	Dec 16		$16.00	$60.00	Mary G.	Pool
Pilaqua	Fri	9:00 AM	10:05 AM	Oct 30	Dec 18	Nov 27	$16.00	$60.00	Mary H.	Pool

SPECIALTY PROGRAMMING

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
$5+ Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Oct 27	Dec 17	Nov 26	$16.00	$32.00	Amy J.	Gym
Twinges	Thu	10:00 AM	10:30 AM	Oct 29	Dec 17	Nov 26	**FREE**	$60.00	Bonnie S.	Pool

ADULT RECREATION & SPORTS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Pickleball - All Levels	Mon	12:00 PM	3:00 PM	Oct 26	Dec 28		**FREE**	Daily Fee	--	Gym
Pickleball - Beg/Interm Refresher	Mon	5:00 PM	6:30 PM	Oct 26	Nov 2		**FREE**	Daily Fee	Bill	Gym
Pickleball - Advanced	Tue	12:30 PM	3:00 PM	Oct 27	Dec 29		**FREE**	Daily Fee	--	Gym
Pickleball - Intermediate/Advanced	Wed	12:00 PM	3:00 PM	Oct 28	Dec 30		**FREE**	Daily Fee	--	Gym
Pickleball - All Levels	Fri	12:00 PM	3:00 PM	Oct 30	Dec 18	Dec 25	**FREE**	Daily Fee	--	Gym
Pickleball - Advanced	Sat	7:00 AM	8:30 AM	Oct 31	Dec 26	Jan 1	**FREE**	Daily Fee	--	Gym
Pick Up Basketball Games	Tue	6:00 PM	7:00 PM	On-going			**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			**FREE**	**FREE**	--	Social Lounge
Mahjongg- All Levels	Fri	11:00 AM	1:00 PM			**FREE**	**FREE**	--	Social Lounge
Sheepshead	Tue	12:00 PM	3:00 PM			**FREE**	**FREE**	--	Studio A
Tech Talks with Quantum	Wed	11:00 AM	12:30 PM			**FREE**	**FREE**	--	Studio A
Together Days	Thu	12:00 PM	1:00 PM			**FREE**	**FREE**	--	Studio A
Ukulele Jam	Mon	1:00 PM	2:45 PM			**FREE**	**FREE**	--	Studio A
Wisdom Wednesday	Wed	11:00 AM	12:30 PM			**FREE**	**FREE**	--	Studio A