



Group Fitness Schedule

Fall 2: Oct. 23 – Dec. 17

Updated 11-6

MON/AM

CYCLE (CS) 6-7
(Andrea) 2

POWER YOGA (FS)
8-9 *(Lauren) 2*

BOOTCAMP (JG)
8:30-9:30 *(Jaime) 3*

CYCLE (CS)
9-10 *(Lori) 2*

STEP (FS) 9:15-10:15
(Glenn) 2

SS YOGA (PG)
9:15-10:15 *(Ruth) 1*

AQUA BOOTCAMP (LP) *
9:15-10:15 *(Dawn) 2*

AQUA ZUMBA (AP) *
10:30-11:15 *(Dawn) 2*

CONDITIONING/VIPR (FS)
10:30-11:00 *(Rob) 3*

SS CLASSIC (PG)
10:30-11:15 *(Ruth) 1*

MON/PM

PILATES/YOGA (FS)
5-6 *(Sue) 2*

CYCLE (CS)
5:30-6:30 *(Cathy) 2*

BOOT CAMP/VIPR (FS) 3
6:15-7:15 *(Jaime)*

TUES/AM

KICKBOX BOOTCAMP (FS)
8-9 *(Claus) 3*

TURN N BURN (CS)
9:15-10:15 *(Jaime) 3*

SS CARDIO (PG)
9:15-10:15 *(Sue) 2*

TREAD N SHRED (WC)
9:15-10:15 *(Patty) 3*

ZUMBA (FS)
9:15-10:15 *(Dawn) 2*

CORE N MORE (FS)
10:30-11:15 *(Dawn) 2*

AQUA FIT (LP) *
9:15-10:15 *(Hannah) 2*

AQUA SCULPT (AP)*
10:30-11:15 *(Hannah) 2*

ROCKSTEADY BOXING
(JG) 10:30-11:45
(Rob/Patty)

TUES/PM

WALL YOGA (MR) 5:30-
6:30 *(Ruth) 2*

CYCLE (CS)
5:30-6:30 *(Amy) 3*

ADVANCED BOOTCAMP
(FS) 5:30-6:30 *(Claus) 3*

YOGA/CORE (MR) 6:45-
7:45 *(Ruth) 2*

WED/AM

CYCLE (CS) 6-7 *(Drew) 3*

YOGA (FS) 8-9
(Lauren) 2

BOOTCAMP (JG)
8:30-9:30 *(Jaime) 3*

Chair Yoga (PG)
9:15-10:15 *(Sue) 1*

TURN N BURN (CS)
9:15-10:15 *(Rob) 3*

ZUMBA GOLD (FS)
10:30-11:15 *(Dawn) 2*

WED/PM

GENTLE YOGA (FS)
4:15-5:15 *(Sue) 1*

PILATES/YOGA (FS)
5:30-6:30 *(Ruth) 2*

CYCLE (CS)
5:30-6:30 *(Amy) 3*

BOOTCAMP (FS)
6:45-8:00 *(Claus) 3*

THURS/AM

KICKBOX BOOTCAMP (FS)
8-9 *(Claus) 3*

SUNSHINE YOGA (MR)
8-9 *(Ruth) 2*

VIRTUAL RPM (CS)
9:15-10:15 *(Lori) 2*

ZUMBA (FS)
9:15-10:15 *(Dawn) 2*

SS CARDIO (PG)
9:15-10:15 *(Sue) 2*

TREAD N SHRED (WC)
9:15-10:15 *(Patty) 3*

AQUA FIT (LP)*
9:15-10:15 *(Hannah) 2*

AQUA MIXER (AP)*
10:30-11:15 *(Hannah) 2*

ROCKSTEADY BOXING
(JG) 10:30-11:45
(Rob/Patty)

CORE N MORE (FS)
10:30-11:15 *(Dawn) 2*

THURS/PM

Cycle TABATA (CS)
5:30-6:30 *(Jaime) 3*

SCULPT (FS) 5-6
(Amy) 2

YOGA (FS) 6:15-7:15
(Ruth) 2

FRI/AM

CYCLE (CS) 6-7
(Andrea) 2

YOGA (FS) 8-9 *(Sue) 2*

BOOTCAMP (PG) 8:30-
9:30 *(Jaime) 3*

CYCLE (CS) 9-10
(Drew) 3

STRENGTH (JG) 9:15-
10:15 *(Dawn) 2*

GENTLE YOGA (FS) 9:15-
10:15 *(Ruth) 1*

AQUA ZUMBA (AP)*
10:30-11:15 *(Dawn) 2*

ROCKSTEADY BOXING
(JG) 10:30-11:45
(Rob/Patty)

SS CLASSIC (MR)
10:30-11:15 *(Ruth) 1*

SAT/AM

CYCLE (CS) 8-9
(Amy/Cathy) 3

STEP (FS)
8-9 *(Sue) 2*

YOGA (FS)
9:15-10:15 *(Ruth) 2*

SUN/AM

CYCLE (CS) 10:30
(Drew) 3

YOGA (FS)
10:30-11:30 *(Sue) 1*

KICKBOXING (FS) 12-1
(Claus) 3

Check out our website
for up to date
information at:

GenevaLakesYMCA.org
then click on
"Schedules"

Class Leveling Indicator

Level 1-These Classes focus on light strength training, cardio and balance.

Level 2-These classes focus on strength, cardio, balance and flexibility at a more challenging level.

Level 3-These are the most challenging classes we offer.

Class Location Key

AS- Aerobic Studio	RB-Racquet Ball Court
WC- Wellness Center	LP- Lap Pool
CS- Cycle Studio	AP- Activity Pool
MR- Meeting Room	PG- Priebe Gym
JG- Jaycee Gym	

Members: Classes are Complimentary

Community Drop-Ins: \$10 day pass

Rocksteady Boxing is a fee based class.

Please ask to speak with our Fitness Director Rob Breidenbach for all inquiries.

Group Fitness Impact Statement

We are a group of qualified fitness instructors determined to create an engaging experience for you; let our passion, education, energy and knowledge of health and wellness empower you through your journey.



Group Fitness Schedule

Updated 11/06/17



Every accomplishment starts with the decision to try.

GENEVA LAKES FAMILY YMCA

FALL 2 SESSION

October 23rd - December 17th

**GENEVA LAKES
FAMILY YMCA
203 S. Wells Street
Lake Geneva, WI 53147
262.248.6211
GenevaLakesYMCA.org**

**SIGN UP FOR YMCA TEXT
ALERTS TODAY! Receive
Class Cancellations &
Alerts!**

**ENTER THIS NUMBER
81010
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