



2019 Fall 1 Group Exercise Schedule

September 3—October 20

Monday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
7:00-8:00am (9/16-10/14)	\$\$ TRX	Claus	CR
8:00-8:30am	New Format! Cardio Core Blast	Jaime	JG
8:00-9:00am	Yoga	Sue	FS
9:15-10:15am	Step	Sue	FS
9:00-10:00am	Cycle	Deb	CS
10:15-11:15am	New Time! HIIT STRENGTH	Deb	FS
9:15-10:15am	Tread N Shred	Patty	WC
9:15-10:15am	Aqua Bootcamp	Stesha	LP
9:15-10:15am	SS Yoga	Ruth	PG
10:30-11:15am	SS Classic	Ruth	PG
10:30-11:15am	Aqua Zumba	Dawn	AP
5:00-6:00pm	Pilates/Yoga	Sue	FS
5:15-6:00pm (9/16-10/14)	Kidz Yoga Returns!	Amy S	CR
5:30-6:30pm	Insanity	KJ	JG
6:00-7:00pm (9/16-10/14)	\$\$ TRX	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS
7:00-8:00pm (9/16-10/14)	\$\$ TRX	Claus	CR

Tuesday	Class	Instructor	Room
7:45-9:00am	Boxing Bootcamp	Claus	FS
9:00-10:00am	Turn N Burn	Emily	CS
9:15-10:15am	SS Cardio	Sue	PG
9:15-10:15am	Zumba	Dawn	FS
9:15-10:15am	Aqua Bootcamp	Jackie	LP
10:30-12:00pm	\$\$ RockSteadyBoxing	Patty/Jaime	PG
10:30-11:15am	Aqua Zumba	Jessie	AP
5:30-6:30pm	Cycle	Amy G	CS
5:30-6:30pm	Boxing Bootcamp	Claus	FS
6:15-7:15pm	Yoga	Ruth	CR

Wednesday	Class	Instructor	Room
6:00-6:45am	More intensity! HIIT Cycle	Drew	CS
6:00-7:00am	Bootcamp	Andrea	FS
8:00-9:00am	Power Yoga	Emily	FS
7:30-8:30am	New Format! HIIT STRENGTH	Jaime	JG
9:15-10:15am	Chair Pilates	Ruth	PG
9:15-10:15am	Tread N Shred	Patty	WC
9:15-10:15am	Zumba	Stesha	FS
9:15-10:15am (9/4-10/16)	\$\$ Deep Water Fit Challenge	Dawn	LP
10:30-11:30am	Bonus time! Aqua Sculpt	Stesha	AP
12:00-12:30pm	\$\$ TRX Express	Claus	CR

Wednesday	Class	Instructor	Room
5:15-6:00pm (9/18-10/16)	Kidz Yoga Returns!	Amy S	CR
4:30-5:15pm	New! HIIT Zumba Step	Jessie	FS
5:30-6:30pm	Pilates/Yoga	Ruth	FS
5:30-6:30pm	Cycle	Andrea	CS

Thursday	Class	Instructor	Room
6:00-7:00am	Insanity	KJ	FS
7:45-9:00am	Boxing Bootcamp	Claus	FS
8:00-9:00am	Outdoor Yoga	Ruth	CR
9:15-10:15am	SS Cardio	Sue	PG
9:00-10:00am	New time! HIIT Strength	Patty	JG
9:15-10:15am	Aqua Bootcamp	Stesha	LP
10:30-12:00pm	\$\$ RockSteady Boxing	Patty/Jaime	PG
10:30-11:15am	Aqua Mix	Stesha	AP
4:15-5:15pm (9/19-10/17)	\$\$ New! Simply Barre	Donna	CR
5:00-6:00pm	Sculpt	Amy G	FS
6:00-7:00pm (9/19-10/17)	FREE TRX for Military/EMT/Police/Fireman	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS

Friday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
6:00-7:00am	\$\$ TRX	Claus	CR
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Pilates/Yoga	Ruth	FS
8:00-9:00am	\$\$ TRX	Claus	CR
9:00-10:00am	Cycle	Drew	CS
9:15-10:15am	Zumba	Jessie	PG
9:15-10:15am	Gentle Yoga	Ruth	FS
9:15-10:15am	Aqua Tabata	Dawn	LP
10:30-11:15am	Aqua Flow	Dawn	AP
10:30-11:15am	SS Classic/Cardio	Ruth	PG
10:30-11:30am	\$\$ RockSteady Boxing	Patty/Jaime	WC

Saturday	Class	Instructor	Room
8:00-9:00am	Cycle	Amy G/Emily	CS
8:15-9:15am	Step	Sue	FS
9:30-10:30am	Yoga	Ruth	FS
10:45-11:45am	Zumba	Stesha	FS

Sunday	Class	Instructor	Room
10:30-11:30am	Yoga	Sue	FS

Key: FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio | PG: Priebe Gym | LP: Lap Pool | AP: Activity Pool | CR: Conference Room | RC: Racquetball Court | \$\$: Paid Programming, Register at the Front Desk

GROUP FITNESS Fitness levels are specified by levels 1 (low intensity) to level 3 (high intensity)

Aqua (Bootcamp, Flow, Mixer, Sculpt, Tabata and Zumba): Exercise in the water is easy on the joints, however, it will still give you a challenging total body workout. Each class will vary by format, some may be more choreographed and some may use different equipment. Classes may vary from fitness levels 1-2+. Ask the instructor if this class is for you.

Bootcamp: Take your fitness to the ultimate level with this intense workout utilizing weights for heavy strength training, plyometric exercises, jump ropes, heavy ropes and more. **Boxing Bootcamp** may utilize the punching bags and more boxing moves that may be performed at a higher intensity. Classes may vary from fitness levels 3+.

Cardio Core Blast: Short on time and want a killer cardio and core class. Then this is for you! Fitness levels 2+.

Chair Pilates: Are you looking to condition your core but are limited on getting on the fitness floor? Then this class is for you. Use all the Pilates principles, exercises and stretches to help strengthen your core muscles while doing it in a seated position. Fitness levels 1+.

Cycle: Our instructors will lead you through a variety of terrains and realistic road training exercises to challenge any Lake Geneva cycling enthusiast. Some classes will even have a projection screen of the terrains to watch as you ride. Classes may vary from fitness levels 2-3. Ask the instructor before class if this class is for you.

HITT Strength: Maximize your strength training workout with various intervals to train your total body. Fitness levels 3+.

Insanity: One of the hardest workouts ever, guaranteed to get you in the best shape of your life. Through a combination of Max Interval Training and total-body conditioning, you will DIG DEEPER than you ever thought possible to build the strongest, leanest, most ripped body of your life! Fitness levels 3+.

Kidz Yoga: Stretch, move, and play the Kidz Yoga way! Class will focus on the six branches and eight limbs of the yoga practice and use multiple fun and engaging ways and class themes to practice them. Fitness level 1+ and for ages 4-10. **Classes begins 9/16.**

Pilates/Yoga: This fusion mind and body format will condition your core with the Pilates exercises and then enjoy a yoga cool-down to lean out your muscles with a deep stretch at the end of the workout. Fitness levels 2+.

Rock Steady Boxing \$\$: This specialty paid, innovative, therapy fitness program can lessen the symptoms for anyone at any level of Parkinson's. This class helps build flexibility, strength, power and speed while moving body in all planes of motion. Volunteers are welcome.

Sculpt: Looking to build total body lean muscle? Join this class and utilize various equipment like dumbbells, bodyweight, steps, stability balls and/or bands will be utilized to tone and build all major and minor muscle groups. Fitness levels 2+.

Silver Sneakers (Cardio, Classic, Yoga): Tivity Health providers certifies our instructors to teach various Silver Sneaker formats that provide a safe and effective workout for active older adults. These classes will help improve your cardiovascular endurance, muscular strength, flexibility, mobility, balance, coordination and so much more. Fitness levels 1+.

Step: Music, steps, choreography and lots of fun and high energy, that is what you will find with our Step classes. These classes will challenge your mind with all the choreography, as well as your cardiovascular system with the non-stop movement! **Zumba Step** is a fusion of Zumba choreography using the step, to increase the intensity of your workout. Fitness levels 2+.

Tread N Shred: Do you love a good cardio workout on a treadmill or elliptical? This class will use cardiovascular equipment to challenge your heart rate zone and then you will complete strength exercises on the fitness floor to challenge your total body. Fitness levels 3+.

TRX \$\$: Leverages your own body weight and gravity to activate your core like never before! Register for the session or to drop-in to a class at the Front Desk! Rates and classes are subject to change. **TRX for Military/EMT/Police/Fireman** is for our members that are in the service or working as an EMT, Police Officer or Fireman. Please show your I.D. to the Front Desk before attending class. This specific class is free for members | \$10 community guests. **FYI there will be NO Military/EMT/Police/Fireman class on 9/5 and 9/12.**

Turn N Burn: is 30 minutes of cycle and 30 minutes of various bodyweight exercises.

Yoga (Power and Gentle Yoga): Are you looking to relax, restore, rejuvenate and introduce your body to yoga? Then this class is for you! Classes may vary from fitness levels 2-3. Power Yoga is Fitness Level 3+. Ask the instructor if this class is for you.

Zumba: A fusion of Latin International music and dance themes that create a dynamic, exciting and effective workout. Fitness Levels 2+.

Upcoming Events and Workshops:

- Take 2 for Floor Refinishing in the Priebe Gym from September 9–15. During this time the gym and conference room will be closed. No SS classes, TRX classes, or Kidz Yoga will be offered. Tuesday/Thursday yoga classes will meet in the Racquetball Court.
- Join instructors Emily and Ruth on Wednesday, September 11 from 8-9:10am for Yoga Binds. This class will help participants better understand how to do yoga binds safely and correctly. This is FREE for members and \$10 for community. No registration required.

Simply Barre!

- Based on a fusion of Pilates and classic barre techniques, this results driven class incorporates the perfect blend of deep muscle toning with resistance, the grace of ballet, the flexibility of yoga, and the core strengthening of Pilates. This class is suitable for all fitness levels and no experience is necessary. This specific class is \$60 for members | \$90 community guests. **FYI classes begins on 9/19-10/17.**

Deep Water Fit Challenge!

- Join instructor Dawn in our 7– week Deep Water Fit Challenge from 9:15-10:15am on Wednesday's beginning 9/4-10/16 in the Lap Pool. This class is for intermediate fitness levels looking to sweat in the water and challenge your fitness level. Participants can also use the floatation belts if they are intimidated by the deep end of the pool. This class is \$70 for members | \$105 for community. 10% discount will be given to previous participants. Register as space is limited.

GROUP FITNESS FACTS:

- Youth ages 13+ may participate in group exercise classes. Zumba classes are for participants over the age of 8, however parent or guardian must be present in class. TRX and Specialty Parkinson Rock Steady Boxing is for ages 16+. Bootcamp and Strength based classes are also recommended for ages 16+.
- Any questions in regards to the Group Exercise Program contact Fitness Director, Emily Fischer at 262.248.6211.
- Send a text to 81010 and type the message "@glymca" to enroll in program alerts.

GENEVA LAKES FAMILY YMCA

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