



2019 Spring Group Exercise Schedule

April 15—June 2

Monday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga	Sue	FS
9:15-10:15am	Step	Sue	FS
9:00-10:00am	Cycle	Lori/Emily	CS
9:15-10:15am	Zumba	Jessie	JG
9:15-10:15am	Tread N Shred	Alicia	WC
9:15-10:15am	Aqua Bootcamp	Stesha/Dawn	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	Ruth	FS
5:15-6:00pm	Kidz Yoga	Amy S	CR
5:30-6:30pm	Cycle	Emily	CS
6:00-7:00pm	\$\$ TRX	Claus	CR
7:00-8:00pm	\$\$ TRX	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS

Tuesday	Class	Instructor	Room
8:00-9:00am	Boxing Bootcamp	Claus	FS
8:30-9:30am	\$\$ FLEX	Jaime	WC
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	Stesha	LP
10:30-11:45am	\$\$ RockSteadyBoxing	Patty/Jaime	JG
10:30-11:30am	Core N More	Dawn	FS
10:30-11:15am	Aqua Mix	Stesha	AP
5:00-6:00pm (Ends 5/7)	\$\$ Healthy Now, Healthy Forever	Ruth	CR
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
6:00-7:00am	Cycle	Drew	CS
6:00-7:00am	Bootcamp	Andrea	FS
8:00-9:00am	Power Yoga	Emily	FS
8:30-9:30am	Zumba STRONG	Jaime	JG
9:15-10:15am	Chair Pilates	Ruth	PG
9:15-10:15am	Tread N Shred	Alicia	WC
9:15-10:15am	Zumba	Stesha	FS
10:30-11:15am	Aqua Sculpt	Alicia	AP
12:00-12:30pm	\$\$ TRX Express	Claus	CR
4:15 - 5:15pm	Gentle Yoga	Sue	FS

Wed. Continued	Class	Instructor	Room
5:15-6:00pm	Kidz Yoga	Amy S	CR
5:30-6:30pm	Pilates/Yoga	Sue	FS
5:30-6:30pm	Cycle	Amy G	CS

Thursday	Class	Instructor	Room
8:00-9:00am	Boxing Bootcamp	Claus	FS
8:00-9:00am	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
10:30-11:45am	\$\$ RockSteady Boxing	Patty/Jaime	JG
10:30-11:15am	Aqua Mix	Stesha	AP
5:00-6:00pm	Sculpt	Amy G	FS
6:00-7:00pm	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	Yoga	Ruth	FS
8:00am-9:00am	\$\$ TRX	Claus	CR
8:30-9:30am	Bootcamp	Jaime	PG
9:00-10:00am	Cycle	Drew	CS
9:15-10:15am	Gentle Yoga	Ruth	FS
9:15-10:15am	Aqua Bootcamp	Dawn	LP
10:30-11:15am	Aqua Flow	Alicia	AP
10:30-11:15am	SS Classic/Cardio	Ruth	PG
10:30-11:45am	\$\$ RockSteady Boxing	Patty/Jaime	JG

Saturday	Class	Instructor	Room
8:00-9:00am	Cycle	Amy G	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	Cycle	Drew	CS
10:30-11:30am	Yoga	Sue	FS
12:00-1:00pm	Bootcamp	Claus	FS

Key: FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio | JG: Jaycees Gym | PG: Priebe Gym | LP: Lap Pool | AP: Activity Pool | CR: Conference Room | \$\$: 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+.

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+.

Core N More: Conditioning your core with exercises that will increase your flexibility, balance and fundamental strength. Fitness levels 2+.

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.

FLEX \$\$: Maximize your strength training workout in the Fitness Center with a Personal Trainer and focus on the major lifts. Minimum of 5 participants in class and maximum of 10. Members: \$ | Community: \$150. Drop-In Rate: \$15. Fitness levels 3+.

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

Healthy Now, Healthy Forever \$\$: "Body Thrive™" written by Cate Stillman cracks the code of 10 essential, daily body habits from Ayurveda and Yoga. Take up the 10 habits learned from this inspiring book and YMCA coach, Ruth Rorig. Generate a body that is strong and at ease, a mind that is clear, dynamic relationships and an unmistakable connection to spirit. Drop-In Rate: per class is \$15 member | \$25 community guests.

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.

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! 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.

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. 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+.

Zumba Strong: High Intensity Intervals that are synced to music. Fitness Levels 3+

Upcoming Events and Workshops:

- Sprint for Spring 5K on 4/27 race starts at 9am. Registration is required, stop at the front desk for details.
- Healthy Kids Day Event on 4/27 from 10:30-12:30 pm is FREE for members and community guests.
- Wood Floor Cleaning: Fitness Studio will be closed for PM Classes on Thursday 5/2-Sunday 5/5, classes will resume Monday, 5/6 Large Gym will be closed 4/29-5/5, classes in the large gym will resume 5/6.
- Wednesday, May 8th is the Geneva Lakes YMCA Blood Drive. Sign-up at the front desk for your appointment.
- Yoga workshop: May 19 from 10:30-11:30am Introduction to Meditation. Free for members | \$10 for community guests.
- Kidz Yoga will be canceled on 5/22 and 5/27.

GROUP FITNESS FACTS:

- Youth ages 14+ may participate in group exercise classes. 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 "@gymca" to enroll in program alerts.
- Child Watch is available during peak class times for an additional fee, please visit GenevaLakesYMCA.org/childwatch

GENEVA LAKES FAMILY YMCA

203 S. Wells Street | Lake Geneva, WI 53147 262.248.6211 | GenevaLakesYMCA.org