



# 2019 Summer 1 Group Exercise Schedule

June 3—July 21

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
8:00-9:00am	\$\$ TRX	Claus	CR
8:00-9:00am	<b>New Day!</b> Bootcamp	Jaime	PG
9:15-10:15am	Step	Sue	FS
9:00-10:00am	Cycle	Emily	CS
9:15-10:15am	Tread N Shred	Alicia	WC
9:15-10:15am	Aqua Bootcamp	Lia	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
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
9:00-10:00am	Turn N Burn	Jaime/Alicia	CS
9:15-10:15am	SS Cardio	Sue	PG
9:15-10:15am	Zumba	Dawn	FS
9:15-10:15am	Aqua Bootcamp	Stesha	LP
10:30-12:00pm	\$\$ RockSteadyBoxing	Patty/Jaime	PG
10:30-11:30am	<b>New! Sculpt</b>	Dawn	FS
10:30-11:15am	Aqua Mix	Stesha	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
6:00-7:00am	Cycle	Drew	CS
6:00-7:00am	Bootcamp	Andrea	FS
8:00-9:00am	Power Yoga	Emily	FS
8:00-9:00am	<b>New Time!</b> Zumba Strong	Jaime	PG
9:15-10:15am	Chair Pilates	Ruth	PG
9:15-10:15am	Tread N Shred	Alicia	WC
9:15-10:15am	Zumba	Stesha	FS
9:15-10:15am	<b>\$\$ New! Deep Water Fit Challenge</b> 6/19-7/31	Dawn	LP
10:30-11:15am	Aqua Sculpt	Alicia	AP
10:30-11:15am	<b>New for Families!</b> Alternating Gentle Yoga or Zumba	Ruth/Lia	FS
12:00-12:30pm	\$\$ TRX Express	Claus	CR
5:30-6:30pm	Pilates/Yoga	Ruth	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	<b>Outdoor Yoga</b>	Ruth	CR
9:15-10:15am	SS Cardio	Sue	PG
9:00-10:00am	HIIT Strength	Patty	FS
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
5:00-6:00pm	Sculpt	Amy G	FS
6:00-7:00pm	<b>FREE TRX for Military/EMT/Police/Fireman</b>	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS

Friday	Class	Instructor	Room
6:00-7:00am	Cycle	Emily	CR
6:00-7:00am	\$\$ TRX	Claus	CR
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	<b>New! Pilates/Yoga</b>	Ruth	FS
8:00am-9:00am	\$\$ TRX	Claus	CR
9:00-10:00am	Cycle	Drew	CS
9:15-10:15am	<b>New Day! Zumba</b>	Jessie	PG
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
10:30-11:30am	\$\$ RockSteady Boxing	Patty/Jaime	WC

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	Yoga	Sue	FS
12:00-1:00pm	Bootcamp	Claus	FS

### Summer Fitness Fun

-Summer Solstice Outdoor Yoga, June 21 from 10:30AM-12 noon \$5Member/\$10Community  
 -TRX for Military Members every Thursday starting June 14 from 6-7pm

### Fitness Family Fun

-Family Glowga, June 20 from 1-2pm in the Fitness Studio. \$3 per Family Membership/\$5Community Family  
 -Independence Day Zumba Party, July 3 from 5:30-6:30pm \$5Member/\$10Community (Kids ages 8 to 18 are \$2 each)

**See the back for more workshop and events!**

**Key:** FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio | 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+.

**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.

**Family Yoga/Zumba:** Each week this summer we will be alternating two different fitness formats to help families stay active over the summer. The class is for all ages, but kids 13 and under must be accompanied by their parent/guardian. Fitness levels 1+.

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

**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:

- Yoga Workshop, June 12, from 8-9:10am (it will be during our regularly scheduled Power Yoga class) this format will focus on arm balances and how to strengthen your upper body and prepare for the poses! It will also be FREE for members
- Hip Hop Workshop, June 18, from 6:45-7:30pm with Stesha in the Fitness Studio. This workshop will focus on perfecting your technique, learning choreography and feeling successful when dancing in a hip hop routine. \$15 Members/\$30 Community. Must have at least 5 participants for the workshop to run.
- Belly Dancing Workshop, July 16, from 6:45-7:30pm in the Fitness Studio. This workshop will be similar to the June workshop, just a new dance format to perfect! \$15 Members/\$30 Community. Must have at least 5 participants for the workshop to run.
- 4th of July the Y is CLOSED

## Deep Water Fit Challenge!

- Join instructor Dawn in our 7- week Deep Water Fit Challenge from 9:15-10:15am on Wednesday's beginning 6/19-7/31 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. Register as space is limited.

## GROUP FITNESS FACTS:

- Youth ages 14+ 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 "@gymca" to enroll in program alerts.

**GENEVA LAKES FAMILY YMCA**

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