



2019 Winter Group Exercise Schedule

January 2—February 24

Monday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
8:00-9:00am	\$\$\$ TRX	Claus	MR
8:00-9:00am	Yoga	Sue	FS
9:15-10:15am	Step	Sue	FS
9:00-10:00am	Cycle	Lori	CS
9:15-10:15am	New! Zumba	Jessie	JG
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	Aqua Zumba	Lia	AP
10:30-11:15am	SS Classic	Ruth	PG
5:00-6:00pm	Pilates/Yoga	Ruth	FS
5:15- 6:00pm	Kidz Yoga	Amy S	MR
5:30-6:30pm	Cycle	Emily	CS
6:00-7:00pm	\$\$\$ TRX	Claus	MR
6:15-7:15pm	Zumba	Stesha	FS

Tuesday	Class	Instructor	Room
8:00-9:00am	Boxing Bootcamp	Claus	FS
9:00-10:00am	New! 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	New! Core N More	Dawn	MR
10:30-11:15am	Aqua Sculpt	Stesha	AP
5:30-6:30pm	Cycle	Amy G	CS
5:30-6:30pm	Boxing Bootcamp	Claus	FS
6:15-7:15pm	Yoga	Ruth	MR

Wednesday	Class	Instructor	Room
6:00-7:00am	Cycle	Drew	CS
6:00-7:00am	Bootcamp	Andrea	FS
7:00-8:00am	\$\$\$ TRX	Claus	MR
8:00-9:00am	New! Power Yoga	Emily	FS
8:30-9:30am	Bootcamp	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	MR

Wed. Continued	Class	Instructor	Room
4:15 - 5:15pm	Gentle Yoga	Sue	FS
5:15-6:00pm	Kidz Yoga	Amy S	MR
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	MR
9:15-10:15am	SS Cardio	Sue	PG
9:15-10:15am	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
5:30-6:30pm	New! Zumba Strong	Jaime	PG
6:15-7:15pm	Zumba	Stesha	FS

Friday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
6:00-7:00am	\$\$\$ TRX	Claus	MR
7:00-8:00am	\$\$\$ TRX	Claus	MR
8:00-9:00am	Yoga	Ruth	FS
8:00am-9:00am	\$\$\$ TRX	Claus	MR
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/Andrea	CS
7:30-8:30am	New! TRX/Bootcamp	Claus	JG/MR
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

Key: FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio | JG: Jaycee Gym | PG: Priebe Gym | LP: Lap Pool | AP: Activity Pool | MR: Meeting 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 before class 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. **Turn N Burn** is 30 minutes of cycle and 30 minutes of various bodyweight exercises.

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

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! Members: \$60 | Community: \$150 | Drop-In Rate: \$15

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 before class 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+

New Year, New You and Fitness Confidence Workshop:

January 12—March 9: Are you ready for a new and healthier you? Join our 8-week weight loss program that will help you lose weight, get strong and have fun doing it. Program perks include: 60-minute orientation with initial weigh-in and body composition measurements, weekly 30-minute total body circuit workouts, program t-shirt, weekly fitness and nutrition email tips and an overall male and female winner will be determined based on percent of body weight lost. Members only. Program fee is \$99.

Class options:

- **Mondays @ 7:15-7:45pm with Dawn in the Fitness Studio**
- **Tuesdays @ 6-6:30am with Emily in the Fitness Studio**
- **Thursdays @ 10-10:30am with Alicia in the Fitness Studio**
- **Saturdays @ 7:30-8am with Alicia in the Fitness Studio**

Register by January 11 and get a free entry to the Fitness Confidence Workshop scheduled on, January 12 from 1-3pm in the MGR at the Y. **Fitness Confidence Workshop** is open to all members for \$25 and will review how to create a workout plan that will meet your goals!

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+.
- All classes with the exception of TRX and Rock Steady Boxing are included with your membership, daily fees may apply for community guests.
- Any questions in regards to the Group Exercise Program contact the Fitness Director, Emily Fischer at 262.248.6211.
- Send a text to 81010 and type the message "@glymca" 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

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