

2018 Fall 2 Group Exercise

October 22—December 16

Monday	Class	Instructor	Room	Format
6:00-7:00am	Cycle	Andrea	CS	C
8:00-9:00am	Yoga	Sue	FS	MB
9:15-10:15am	Step	Sue	FS	C
9:00-10:00am	Cycle	Lori	CS	C
9:15-10:15am	Tread N Shred	Alicia	WC	F
9:15-10:15am	Aqua Bootcamp	Lia	LP	A
9:15-10:15am	SS Yoga	Ruth	PG	SR
10:30-11:15am	Aqua Zumba	Lia	AP	A
10:30-11:15am	SS Classic	Ruth	PG	SR
5:00-6:00pm	Pilates/Yoga	Ruth	FS	MB
5:15- 6:00pm	Kidz Yoga	Amy	MR	K
5:30 - 6:30pm	Cycle	Emily	CS	C
6:15-7:15pm	Zumba	Stesha	FS	C

Tuesday	Class	Instructor	Room	Format
8:00-9:00am	Kickbox Bootcamp	Claus	FS	F
9:15-10:15am	SS Cardio	Sue	PG	SR
9:15-10:15am	Zumba	Dawn	FS	F
9:15-10:15am	Aqua Bootcamp	Stesha	LP	A
10:30-11:45am	RockSteadyBoxing	Patty/Jaime	JG	SP
10:30-11:15am	Aqua Sculpt	Stesha	AP	A
5:30-6:30pm	Cycle	Amy	CS	C
5:30-6:30pm	Advanced Bootcamp	Claus	FS	F
6:15-7:15pm	Yoga	Ruth	MR	MB
7:00-8:00pm	New! Zumba	Lia	FS	C

Wednesday	Class	Instructor	Room	Format
6:00-7:00am	Cycle	Drew	CS	C
6:00-7:00am	New! Bootcamp	Andrea	FS	F
8:00-9:00am	Yoga	Lauren	FS	MB
8:30-9:30am	Bootcamp	Jaime	JG	S
9:15-10:15am	Chair Pilates	Ruth	PG	SR
9:15-10:15am	Tread N Shred	Alicia	WC	F
9:15-10:15am	Zumba	Stesha	FS	C
10:30-11:15am	Aqua Sculpt	Alicia	AP	A
4:15 - 5:15pm	Gentle Yoga	Sue	FS	MB
5:15-6:00pm	Kidz Yoga	Amy	MR	K
5:30-6:30pm	Pilates/Yoga	Sue	FS	MB
5:30-6:30pm	Cycle	Amy	CS	C
6:45-7:45pm	Bootcamp	Claus	FS	F

Thursday	Class	Instructor	Room	Format
8:00-9:00am	Kickbox Bootcamp	Claus	FS	F
8:00-9:00am	Sunshine Yoga	Ruth	MR	MB
9:15-10:15am	SS Cardio	Sue	PG	SR
9:15-10:15am	Tabata Strength	Patty	JG	S
9:15-10:15am	Aqua Bootcamp	Stesha	LP	A
10:30-11:45am	RockSteady Boxing	Patty/Jaime	JG	SP
10:30-11:15am	Aqua Mix	Stesha	AP	A
5:00-6:00pm	Sculpt	Amy	FS	S
6:15-7:15pm	Zumba	Stesha	FS	C

Friday	Class	Instructor	Room	Format
6:00-7:00am	Cycle	Andrea	CS	C
8:00-9:00am	Yoga	Ruth	FS	MB
8:30-9:30am	Bootcamp	Jaime	PG	F
9:00-10:00am	Cycle	Drew	CS	C
9:15-10:15am	Gentle Yoga	Ruth	FS	MB
9:15-10:15am	Aqua Tabata	Dawn	LP	A
10:30-11:15am	Aqua Flow	Alicia	AP	A
10:30-11:15am	SS Classic	Ruth	PG	SR
10:30-11:45am	RockSteady Boxing	Patty	JG	SP

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

Sunday	Class	Instructor	Room	Format
10:30-11:30am	Cycle	Drew	CS	C
10:30-11:30am	Yoga	Sue	FS	MB
12:00-1:00pm	Kickboxing	Claus	FS	F

Format Key:
[Aqua](#) | [C](#)ardio | [F](#)usion | [M](#)ind and [B](#)ody | [KID](#) | [S](#)enior
[S](#)pecialty [P](#)arkinson [G](#)roup | [S](#)trength

Location Key:
 FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio
 JG: Jaycee Gym | PG: Priebe Gym | LP: Lap Pool
 AP: Activity Pool



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 workout. Each class will vary by format, some may be more choreographed and some may use different equipment. No matter what you choose, you will work your total body for a great cardiovascular and toning workout. 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. **Kickbox Bootcamp and Advance Bootcamp** may utilize the punching bags and more boxing moves that may be performed at a higher intensity. Classes may vary from fitness levels 2-3. Ask the instructor before class if this class is for you.

Cardio Sculpt: Get lean and strong in this cardiovascular improving class that uses various equipment and intervals or choreographed moves to get your heart rate in the ultimate peak cardio zones. 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.

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: music, games, fun props, other tools and activities to help children focus their minds and stretch their bodies. Classes will not be held on December 3 and December 5. 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+.

Tabata Sculpt: Maximize your strength training workout with Tabata intervals to train your total body. Fitness levels 3+.

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+.

Yoga (Sunshine and Gentle Yoga): Are you looking to relax, restore, rejuvenate and introduce your body to yoga? Then this class is for you! Fitness levels 1+.

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

Try our Specialty TRX Class November 12-December 16

TRX leverages your own body weight and gravity to activate your core like never before! It helps you quickly develop strength, balance and flexibility. Classes are for all fitness levels and are held in the Meeting Room.

Classes are held: Mondays 6-7am, 7-8am, 8-9am and 6-7pm; Wednesday Lunch Express 12-12:40pm; Friday 6-7am, 7-8am and 7-8am
Register before November 12 at the Front Desk! Members: \$60 | Community: \$150

Upcoming Workshop:

Sunday, November 18 "Live Beautifully" Restorative 10:30-11:30am: Restorative yoga can be an excellent way to relieve stress and enjoy long, meditative stretches. Props are used to support your body so you can hold poses for longer periods of time so that your muscles are allowed to relax deeply. Inspirational readings from Doris Wedige's book, "Live Beautifully" will help ignite feelings of peace, love, joy and gratitude. Members: Free | Community \$10. *Please bring a blanket and pillow.*

GROUP FITNESS FACTS:

- Cycle classes requires a "ticket" at the Front Desk. These are available 15 minutes before class. Limit 1 ticket per person per class.
- 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/childwatch.