



2018 Fitness Schedule Jan 2nd - Feb 24th

updated 1-5

MON/AM

CYCLE (CS) 6-7
(Andrea) 2

POWER YOGA (FS) 8-9
(Lauren) 2

BOOTCAMP (JG) 8:30-9:30
(Jaime) 3

STEP (FS) 9:15-10:15
(Glenn) 2

TRED N SHRED (WC)
9:15-10:15 *(Alicia) 2*

SS YOGA (PG)
9:15-10:15 *(Ruth) 1*

SS CLASSIC (PG)
10:30-11:15 *(Ruth) 1*

CONDITIONING/VIPR (FS)
10:30-11:00 *(Rob) 3*

AQUA BOOTCAMP (LP)
9:15-10:15 *(Dawn) 2*

AQUA ZUMBA (AP) 10:30-
11:15 *(Dawn) 2*

MON/PM

PILATES/YOGA (FS)
5-6 *(Sue) 2*

CYCLE (CS)
5:30-6:30 *(Cathy) 2*

BOOT CAMP/VIPR (FS)
6:15-7:15 *(Jaime) 3*

TUES/AM

KICKBOX BOOTCAMP (FS)
8-9 *(Claus) 3*

TURN N BURN (CS)
9:15-10:15 *(Jaime) 3*

SS CARDIO (PG) 9:15-
10:15 *(Sue) 2*

TREAD N SHRED (WC)
9:15-10:15 *(Patty) 3*

ZUMBA (FS)
9:15-10:15 *(Dawn) 2*

CORE N MORE (FS)
10:30-11:15 *(Dawn) 2*

ROCKSTEADY BOXING
(JG) 10:30-11:45
(Rob/Patty)

AQUA FIT (LP) 9:15-
10:15 *(Hannah) 2*

AQUA SCULPT (AP)
10:30-11:15 *(Hannah) 2*

TUES/PM

CYCLE (CS)
5:30-6:30 *(Amy) 3*

ADVANCED BOOTCAMP
(FS) 5:30-6:30 *(Claus) 3*

WALL YOGA (MR) 5:30-
6:30 *(Ruth) 2*

YOGA/CORE (MR) 6:45-
7:45 *(Ruth) 2*

WED/AM

CYCLE (CS) 6-7
(Drew) 3

YOGA (FS) 8-9
(Lauren) 2

BOOTCAMP (JG)
8:30-9:30 *(Jaime) 3*

Chair Yoga (PG)
9:15-10:15 *(Sue) 1*

TRED N SHRED (WC)
9:15-10:15 *(Alicia) 2*

TURN N BURN (CS)
9:15-10:15 *(Rob) 3*

ZUMBA GOLD (FS)
10:30-11:15 *(Dawn) 2*

WED/PM

GENTLE YOGA (FS)
4:15-5:15 *(Sue) 1*

PILATES/YOGA (FS)
5:30-6:30 *(Ruth) 2*

CYCLE (CS)
5:30-6:30 *(Amy) 3*

BOOTCAMP (FS)
6:45-8:00 *(Claus) 3*

THURS/AM

KICKBOX BOOTCAMP
(FS) 8-9 *(Claus) 3*

SUNSHINE YOGA
(MR) 8-9 *(Ruth) 2*

SS CARDIO (PG)
9:15-10:15 *(Sue) 2*

TREAD N SHRED (WC)
9:15-10:15 *(Patty) 3*

ZUMBA (FS)
9:15-10:15 *(Dawn) 2*

CORE N MORE (FS)
10:30-11:15 *(Dawn) 2*

ROCKSTEADY BOXING
(JG) 10:30-11:45
(Rob/Patty)

LUNCH EXPRESS
(AS) 12:15 - 12:45
(Patty) 2

AQUA FIT (LP) 9:15-
10:15 *(Hannah) 2*

AQUA MIXER (AP)
10:30-11:15 *(Hannah)*

THURS/PM

SCULPT (FS) 5-6 *(Amy) 2*

TABATA SPIN (CS)
5:30-6:30 *(Jaime) 3*

ZUMBA (FS) 6:15-7:15
(Jessie) 2

YOGA (MR) 6:15-7:15
(Ruth) 2

SAT/AM

CYCLE (CS) 8-9
(Amy/Cathy) 3

STEP (FS)
8:15-9:15 *(Sue) 2*

YOGA (FS)
9:30-10:30 *(Ruth) 2*

SUN/AM

CYCLE (CS) 10:30
(Drew) 3

YOGA (FS)
10:30-11:30 *(Sue) 1*

KICKBOXING (FS) 12-1
(Claus) 3

Check out our
Website for up to
date scheduling info
at:

GenevaLakesYMCA.org
and click on schedules.