



# Fall I: Aug 28<sup>th</sup> – October 22<sup>nd</sup>

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00–7:00A • Andrea Cycle (CS) Lvl. 2	8:00–9:00A • Claus Kickbox Bootcamp (AS) Lvl. 3	6:00–7:00A • Drew Cycle (CS) Lvl. 3	8:00–9:00A • Claus Kickbox Bootcamp (AS) Lvl. 3	6:00–7:00A • Andrea Cycle (CS) Lvl. 2	8:00–9:00A • Amy/Cathy Cycle (CS) Lvl. 2	10:30–11:30A • Drew Cycle (CS) Lvl. 3
8:00–9:00A • Lauren Power Yoga (AS) Lvl. 2	9:15 – 10:15A Jaime – Turn n Burn (CS) Lvl. 2	8:00–9:00A • Lauren Yoga (AS) Lvl. 2	8:00–9:00A • Ruth Sunshine YOGA (MR) Lvl. 1	8:00–9:00A • Sue Power Yoga (AS) Lvl. 2	8:00–9:00A • Sue Step (AS) Lvl. 2	10:30–11:30A • Sue Yoga (AS) Lvl. 1
8:15–9:15A • Jaime Bootcamp (JG) Lvl. 2	9:15–10:15A • Sue *SS Cardio (PG) Lvl. 1	8:15–9:15A • Jaime Bootcamp (JG) Lvl. 3	9:15–10:15A • Lori Virtual RPM (CS) Lvl. 2	8:15–9:15A • Jaime Bootcamp (JG) Lvl. 3	9:15–10:15A • Ruth Yoga (AS) Lvl. 1	12:00–1:00P • Claus Kickboxing (AS) Lvl. 3
9:00–10:00A • Lori Cycle (CS) Lvl. 2	9:15–10:15A • Patty Tread'n Shred (WC) Lvl. 3	9:15–10:15A • Ruth Brain and Balance (PG) Lvl.1	9:15–10:15 • Dawn Zumba (AS) Lvl. 2	9:00–10:00 • Drew Cycle (CS) Lvl. 3	<p style="text-align: center;"><b>Updated 9.29.17</b></p> <p><b>Members:</b> Classes are complimentary <b>Community Drop-In:</b> \$10 day pass</p> <p>Rocksteady Boxing is a fee based class. Please ask to speak with our Fitness Director Rob Breidenbach for all inquiries.</p> <p><b>Class Location Key:</b> AS = Aerobic Studio WC = Wellness Center CS = Cycle Studio MR = Meeting Room PG = Priebe Gym JG = Jaycee Gym  RB = Racquet Ball Court LP = Lap Pool AP = Activity Pool</p>	
9:15–10:15A • Glenn Step (AS) Lvl. 2	9:15–10:15A • Dawn Zumba (AS) Lvl. 2	9:15–10:15A • Alicia Tread'n Shred (WC) Lvl. 3	9:15–10:15A • Sue *SS Cardio (PG) Lvl. 1	9:15–10:15 • Dawn Strength (JG) Lvl. 2		
9:15–10:15A • Ruth *SS Yoga (PG) Lvl. 1	10:30–11:15A • Dawn Core n More (AS) Lvl. 2	9:15–10:15A • Rob Turn'n Burn (CS) Lvl. 3	9:15–10:15A • Patty Tread'n Shred (WC) Lvl. 3	9:15–10:15 • Ruth Gentle Yoga (AS) Lvl. 1		
9:15–10:15A • Alicia Tread'n Shred (WC) Lvl. 3	<b>9:15–10:15A • Hannah Aqua Fit (LP) Lvl. 3</b>	10:30–11:15A • Dawn Zumba Gold (AS) Lvl. 1	<b>9:15–10:15A • Hannah Aqua Fit (LP) Lvl. 3</b>	<b>9:15–10:15A • Alicia Aqua Bootcamp (LP) Lvl. 3</b>		
<b>9:15–10:15A • Dawn Aqua Bootcamp (LP) Lvl. 2</b>	<b>10:30–11:15A • Alicia Aqua Sculpt (AP) Lvl. 3</b>	4:15–5:15P • Sue Gentle Yoga (AS) Lvl. 1	<b>10:30–11:15A • Hannah Aqua Mixer (AP) Lvl. 2</b>	<b>10:30–11:15A • Alicia Aqua Flow (AP) Lvl. 1</b>		
<b>10:30–11:15A • Dawn Aqua ZUMBA (AP) Lvl. 1</b>	10:30–11:45P • Rob/Patty Rocksteady Boxing (JG) Lvl. 2	5:30–6:30P • Ruth Pilates/Yoga (AS) Lvl. 2	10:30–11:45P • Rob/Patty Rocksteady Boxing (JG) Lvl. 2	10:30–11:45P • Rob/Patty Rocksteady Boxing (JG) Lvl. 2		
10:30 – 11:00am Rob • Conditioning Together (ViPR) (AS) Lvl. 3	5:30 – 6:30P • Ruth Wall Yoga (MR) Lvl. 1	5:30–6:30P • Amy Cycle (CS) Lvl. 3	10:30–11:15A Core & More • Dawn (AS) Lvl. 2	10:30–11:15A • Ruth *SS Classic (MR) Lvl. 1		
10:30–11:15A • Ruth *SS Classic (PG) Lvl. 1	5:30–6:30P • Amy Cycle (CS) Lvl. 3	6:45–8:00P • Claus Bootcamp (AS) Lvl. 3	5:30–6:30P Turn `n Burn • Jaime (CS) Lvl. 3	<b>* Classes with an asterisk are low impact designed for any fitness level.</b>		
5:00–6:00P • Sue Pilates/Yoga (AS) Lvl. 1	5:30 – 6:30P • Claus Advanced Bootcamp (AS) Lvl. 3		5:00–6:00P • Amy Sculpt (AS) Lvl. 2			
5:30–6:30P • Cathy Cycle (CS) Lvl. 2	6:45 – 7:45P • Ruth Yoga/Core (AS) Lvl. 1		6:15–7:15P • Ruth Yoga (AS) Lvl. 1			
6:15–7:15P • Jaime Boot Camp/Conditioning Together (ViPR) (AS) Lvl. 3						

## Group Fitness Impact Statement

We are a group of qualified fitness instructors determined to create an engaging experience for you; let our passion, education, energy and knowledge of health and wellness empower you through your journey.

## Class Leveling Indicator

**Lvl. 1** – These classes focus on light strength training, cardio, and balance.

**Lvl. 2** – These classes focus on strength, cardio, balance, and flexibility at a more challenging level.

**Lvl. 3** – These are the most challenging classes we offer.



# Group Fitness Schedule

**Sculpt:** Build a stronger you with this toning and conditioning class that uses free weights, bands, med balls, body bars, and more.

**Arms & Abs:** Join this 30 minute class that combines toning and strengthening for arms and abs making this a great upper body class.

**Bootcamp:** Join this class that offers a variety of styles and workouts that combine strength, cardio and group energy for a total body workout.

**Kickbox Bootcamp:** An intense circuit workout using fitness drills & a variety of weights, kickboxing, self-defense, jump ropes & heavy ropes to create the ultimate workout.

**Advanced Bootcamp:** This high-intensity bootcamp circuit will challenge you in all aspects of fitness and is intended for those who have graduated from the Bootcamp class.

**Kickboxing:** This high-intensity circuit-style class combines boxing, self-defense and toning to create an ultimate workout.

**Tread'n Shred:** 30 minutes on the treadmill combined with 30 minutes of strength makes a great combo.

**Zumba:** A fusion of Latin International music and dance themes that create a dynamic, exciting, effective fitness class.

**Zumba Gold:** A lower impact Zumba class for all ages to enjoy.

**Aqua Mixer:** Mix up your workout every week. Change intensities levels every class for an improved workout.

**Aqua Flow:** A fusion of Yoga, Tai Chi, and Pilates in dynamic and static movements to improve balance, coordination and mobility.

**Aqua Bootcamp:** All forms of fitness will be used in this challenging water workout!

**Aqua Fit:** Increase your strength and cardio endurance with this challenging, yet low-impact 60-minute workout.

**Bootcamp/Conditioning Together:** Split 30/30 for an hour of challenging exercise.

**Barre:** This class will focus on balancing techniques incorporating light strength work.

**Step:** This instructor-led, hour class is a classic utilizing a step with or without risers for varied difficulty.

**Yoga:** This class links several poses together to create strength, flexibility, endurance, and balance including pose modifications.

**Gentle Yoga:** Perfect for yoga beginners, injury recovery, pre-& post-natal participants as well as seniors.

**Conditioning Together (ViPR):** Vitality, Performance, and Reconditioning. This 30 minute Class from MOSSA uses loaded weight training for optimal cardiac and muscular health.

**Pilates/Yoga:** Combining Pilates and Yoga to improve whole body strength, flexibility, balance and build core strength.

**Piyo/Core:** Pilates and Yoga with more of an emphasis of strengthening your core.

**Core & More:** Participants will work towards a stronger, fitter and more functional core.

**Cycle:** Our instructors will lead you through a variety of terrains to challenge any cycling enthusiast.

**Turn'n Burn:** 30 minutes of cycle combined with 30 minutes of strength makes a great combo.

**Virtual RPM:** Instructor will take you through bike rides around the world simulating real rides on real roads.

**Brain and Balance:** Increase neuroplasticity by keeping you mentally sharp and physically stable by practicing mind and body exercises.

**SS= SilverSneakers:** Classes are led by certified SilverSneakers instructors designed to improve overall balance, flexibility and total body strength. Formats include: Classic, Cardio & Yoga.

**Rocksteady Boxing:** Give Parkinson's the one two punch in this class proven to delay the progression of Parkinson's Disease.



**BE HEALTHY  
BE STRONG  
BELONG**

**GENEVA LAKES FAMILY YMCA**

**Fall I Session**

**August 28<sup>th</sup> – October 22<sup>nd</sup>**

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**GENEVA LAKES FAMILY YMCA**  
**203 S. Wells Street**  
**Lake Geneva, WI 53147**  
**262-248-6211**  
**GenevaLakesYMCA.org**