



2018 Fitness Schedule Summer session

JUNE 4TH – AUGUST 26TH

Updated 6 - 14

MON/AM

CYCLE (CS) 6-7
(Drew) 2

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

BOOTCAMP (PG)
8-9 *(Jaime) 3*

CYCLE (CS) 9-10 *(Lori) 2*

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

TRED N SHRED (WC) 9:15-10:15
(Alicia) 3

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

AQUA MIXER (AP)
10:30-11:15am *(Alicia) 2*

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

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

MON/PM

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

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

ZUMBA (FS)
6:15-7:15 *(Stesha) 3*

TUES/AM

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

FAMILY YOGA (FS)
10:30-11:15 *(Ruth) 1*

ROCKSTEADY BOXING
(PG) 10:30-11:45
(Patty/Jaime)

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

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

TUES/PM

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

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

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

WED/AM

CYCLE (CS) 6-7
(Drew) 3

YOGA (FS) 8-9
(Lauren) 2

BOOTCAMP (PG)
8-9 *(Jaime) 3*

Chair Pilates (PG)
9:15-10:15 *(Ruth) 1*

TRED N SHRED (WC)
9:15-10:15 *(Alicia) 3*

ZUMBA GOLD (FS)
9:15 - 10 *(Dawn) 1*

AQUA SCULPT (AP)
10:30 - 11:15am
(Alicia)

WED/PM

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

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

THURS/AM

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

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

STRONG (by ZUMBA)
(PG) 8-9 *(Jaime) 3*

VIRTUAL CYCLE (CS)
9-10 *(Lori) 2*

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

TABATA STRENGTH
(FS) 9:15-10:15
(Patty) 3

ROCKSTEADY BOXING
(PG) 10:30-11:45
(Patty/Jaime)

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

AQUA MIXER (AP)
10:30-11:15
(Stesha) 2

THURS/PM

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

ZUMBA (FS)
6:15-7:15 *(Stesha) 3*

FRI/AM

CYCLE (CS) 6-7
(Cathy) 2

YOGA (FS) 8-9 *(Sue) 2*

BOOTCAMP (PG)
8-9 *(Jaime) 3*

CYCLE (CS) 9-10
(Drew) 3

GENTLE YOGA (FS)
9:15-10:15 *(Ruth) 1*

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

AQUA FLOW (AP)
10:30-11:15 *(Alicia) 1*

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

ROCKSTEADY BOXING
(PG) 10:30-11:45
(Patty)

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*

ZUMBA (FS)
10:45-11:45
(Stesha) 3

SUN/AM

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

KICKBOXING (FS) 12-1
(Claus) 3

Check out our Website for up to date scheduling info @: genevalakesymca.org/schedules

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Class Leveling Indicator

Level 1- These classes focus on light strength training, cardio and balance.

Level 2- These classes focus on strength, cardio, balance and flexibility at a more challenging level.

Level 3- These are the most challenging classes we offer.

Class Location Key

FS- Fitness Studio

RB- Racquet Ball Court

WC- Wellness Center

LP- Lap Pool

CS- Cycle Studio

AP- Activity Pool

MR- Meeting Room

PG- Priebe Gym

JG- Jaycee Gym

Members: Classes are Complimentary

Community Drop-ins: \$10 Day Pass

Rocksteady Boxing is a fee based class.

Please ask to speak with our Fitness Director Rob Breidenbach for all inquiries.

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.



Group Fitness Schedule

Updated May, 2018



Every accomplishment starts with the decision to try.

GENEVA LAKES FAMILY YMCA

2018 Summer Session

June 4th – August 26th

GENEVA LAKES FAMILY YMCA

203 S. WELLS STREET

LAKE GENEVA, WI 53147

262-248-6211

GenevaLakesYMCA.org

SIGN UP FOR YMCA TEXT ALERTS

TODAY! RECEIVE CLASS

CANCELLATIONS & ALERTS! ENTER

NUMBER 81010 TEXT THIS

MESSAGE @glymca