



2018 Fitness Schedule

Fall 1 Session Sept. 4th – October 26th

Updated 9-12

MON/AM

CYCLE (CS)
6-7 (Andrea) 3

YOGA (FS)
8-9 (Sue) 2

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

Virtual cycle (CS)
9:00 – 10:00am (Lori)

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

AQUA BOOTCAMP (LP)
9:15-10:15 (Lia) 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 (Ruth) 2

KIDZ YOGA (MR)
5:15-6:00 (Amy) 1

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

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

TUES/AM

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

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

CARDIO SCULPT (FS)
9:15 – 10:15 (Alicia)

ROCKSTEADY BOXING (JG) 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

ZUMBA (FS)
7-8 (Lia) 2

WED/AM

CYCLE (CS)
6-7 (Drew) 3

BOOTCAMP (FS)
6-7 (Andrea) 3

YOGA (FS) 8-9 (Lauren) 2

BOOTCAMP (JG)
8:30-9:30 (Jaime) 2

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

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

ZUMBA (FS)
9:15 – 10:15 (Stesha) 2

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

WED/PM

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

KIDZ YOGA (MR)
5:15-6 (Amy) 1

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

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

BOOTCAMP (FS)
6:45-7:45 (Claus) 3

THUR/AM

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

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

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

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

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

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

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

THURS/PM

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

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

FRI/AM

CYCLE (CS) 6-7 (Andrea) 3

YOGA (FS) 8-9 (Ruth) 2

CYCLE (CS) 9-10 (Drew) 3

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

AQUA ZUMBA (LP)
9:15-10:15 (Lia) 2

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

BOOTCAMP (JG)
8:30 – 9:30 (Jaime) 2

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

ROCKSTEADY BOXING (JG) 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
WC- Wellness Center
CS- Cycle Studio
MR- Meeting Room
JG- Jaycee Gym

RB- Racquetball Court
LP- Lap Pool
AP- Activity Pool
PG- Priebe Gym

Fees

Members: Classes are Complimentary

Community: \$10 Day Pass

Rocksteady Boxing is a fee based class.

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 September 12



Every accomplishment starts with the decision to try.

GENEVA LAKES FAMILY YMCA

Fall 1 Session

Sept. 4 – Oct. 21

GENEVA LAKES FAMILY
203 S. WELLS STREET
LAKE GENEVA, WI 53147

262-248-6211

GenevaLakesYMCA.org

SIGN UP FOR YMCA FRE TEXT ALERTS
TO RECEIVE ANY CLASS CHANGES

TEXT 81010 TO @GLYMCA