

2018 Interim Group Exercise Schedule

December 17—January 1

Monday	Class	Instructor	Room	Format
No Classes on 12/24 and 12/31				
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
5:30-6:30pm	Cycle	Emily	CS	C
6:15-7:15pm	Zumba	Stesha	FS	C

Tuesday	Class	Instructor	Room	Format
No Classes on 12/25 and 1/1				
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	Kickbox Bootcamp	Claus	FS	F
6:15-7:15pm	Yoga	Ruth	MR	MB

Wednesday	Class	Instructor	Room	Format
6:00-7:00am	Cycle	Drew	CS	C
6:00-7:00am	Bootcamp	Andrea	FS	F
8:30-9:30am	Bootcamp	Jaime	PG/WC	S
9:15-10:15am	Chair Pilates on SS Cookie Party at 10:30am	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/Emily	FS	MB
5:30-6:30pm	Pilates/Yoga	Sue/Emily	FS	MB
5:30-6:30pm	Cycle	Amy	CS	C
6:45-7:45pm	Kickbox Bootcamp	Claus	FS	F


Thursday	Class	Instructor	Room	Format
8:00-9:00am	Kickbox Bootcamp	Claus	FS	F
8:00-9:00am	Yoga	Sue	MR	MB
9:15-10:15am	SS Cardio on 12/20 only	Sue	PG	SR
9:15-10:15am	Tabata Strength on 12/20 only	Patty	FS	S
9:15-10:15am	Aqua Bootcamp	Stesha	LP	A
10:30-11:45am	RockSteady Boxing on 12/20 only	Patty/Jaime	JG	SP
10:30-11:15am	Aqua Mix	Stesha	AP	A
5:00-6:00pm	Sculpt	Amy/Emily	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	Emily	FS	MB
8:30-9:30am	Bootcamp	Jaime	PG	F
9:00-10:00am	Cycle	Drew	CS	C
9:15-10:15am	Gentle Yoga	Emily	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 on 12/21 only	Dawn	PG	SR

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	Sue	FS	MB
10:45-11:45am	Zumba	Stesha	FS	C

Sunday	Class	Instructor	Room	Format
10:30-11:30am	Cycle	Drew	CS	C
12:00-1:00pm	Kickbox Bootcamp	Claus	FS	F

Happy Holidays!
 The following classes will be offered at limited times during December 17—January 1:
 -Kidz Yoga and other yoga classes
 -Silver Sneakers
 -Tabata Strength
 -Rock Steady Boxing
 -Tuesday Evening Zumba



**2019 Winter Schedule begins:
 Wednesday, January 2**

GENEVA LAKES FAMILY YMCA
 203 S. Wells Street | Lake Geneva, WI 53147
 262.248.6211 | GenevaLakesYMCA.org



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.

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+.

Sculpt: Looking to build total body lean muscle? Join this class and utilize various equipment like dumbbells, bodyweight, steps, stability balls and/or bands 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 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+.

New Year, New You! Join the 2019 Weight Loss Challenge

January 12—March 9: Are you ready for a new and healthier you? Join our 8-week weight loss program that will help you lose weight, get strong and have fun doing it. Program perks include: 60-minute orientation with initial weigh-in and body composition measurements, weekly 30-minute total body circuit workouts, program t-shirt, weekly fitness and nutrition email tips and an overall male and female winner will be determined based on percent of body weight lost. Members only. Program fee is \$99.

Class options:

- **Mondays @ 7:15-7:45pm with Dawn in the Fitness Studio**
- **Tuesdays @ 6-6:30am with Emily in the Fitness Studio**
- **Thursdays @ 10-10:30am with Alicia in the Fitness Studio**
- **Saturdays @ 7:30-8am with Alicia in the Fitness Studio**

Register by January 11 and get a free entry to the Fitness Confidence Workshop scheduled on, January 12 from 1-3pm in the Multi-Generational Room.

Fitness Confidence Workshop is open to all members for \$25 and will review how to create a workout plan that will meet your goals!



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.