



2020 Spring 1 Group Exercise Schedule

February 24–April 12

Monday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga	Sue	FS
9:00-10:00am	Cycle	Stesha	CS
9:15-10:15am	Step	Sue	FS
9:15-10:15am	New! Tread N Pilates	Jen	WC
9:15-10:15am	Deep Water Running Challenge	Jackie	LP
9:15-10:15am	SS Yoga	Ruth	PG
10:15-11:15am	HIIT Strength	Emily	JG
10:30-11:15am	SS Classic	Ruth	PG
10:30-11:15am	Aqua Sculpt	Jackie	AP
5:00-6:00pm	Yoga	Kiaya	FS
5:15-6:00pm	Kidz Yoga	Amy S	CR
6:00-7:00pm	\$\$ TRX	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS
7:00-8:00pm	\$\$ TRX	Claus	CR

Tuesday	Class	Instructor	Room
8:00-9:00am	Boxing Bootcamp	Claus	FS
9:00-10:00am	Turn N Burn	Emily	CS
9:15-10:15am	SS Cardio	Sue	PG
9:15-10:15am	Zumba	Stesha	FS
9:15-10:15am	Aqua Bootcamp	KJ	LP
10:30-12:00pm	\$\$ RockSteadyBoxing	Patty/KJ	JG
10:30-11:15am	Aqua Zumba	Jessie	AP
4:15-5:15pm	Gentle Yoga	Sue	FS
5:30-6:30pm	Cycle	Amy G	CS
5:30-6:30pm	Boxing Bootcamp	Claus	FS
6:15-7:15pm	Wall Yoga	Ruth	CR

Wednesday	Class	Instructor	Room
6:00-6:45am	Cycle	Drew	CS
6:00-7:00am	Bootcamp	Andrea	FS
8:00-9:00am	Power Yoga	Emily	FS
9:15-10:15am	Chair Pilates	Ruth	PG
9:15-10:15am	Tread N Shred	Jackie	WC
9:15-10:15am	Zumba	Stesha	FS
10:30-11:30am	Step	Sue	FS
10:30-11:15am	Aqua Sculpt	Jackie	AP
12:00-12:30pm	\$\$ TRX Express	Claus	CR
5:30-6:30pm	Cycle	Andrea	CS
5:15-6:00pm	Kidz Yoga	Amy S	CR
5:30-6:30pm	Pilates/Yoga	Ruth	FS

Thursday	Class	Instructor	Room
8:00-9:00am	Boxing Bootcamp	Claus	FS
8:00-9:00am	Wall Yoga	Ruth	CR
9:00-10:00am	HIIT Strength	KJ	JG
9:15-10:15am	SS Cardio	Sue	PG
9:15-10:15am	Aqua Bootcamp	Stesha	LP
10:30-12:00pm	\$\$ RockSteady Boxing	Patty/KJ	JG
10:30-11:15am	Aqua Mix	Stesha	AP
4:15-5:15pm	New! Pilates/Yoga	Donna	CR
5:00-6:00pm	Sculpt	Amy G	FS
5:30-6:30pm	Cycle	Jackie	CS
6:00-7:00pm	FREE TRX for Military/EMT/Police/Fireman	Claus	CR
6:15-7:15pm	Zumba	Stesha	FS

Friday	Class	Instructor	Room
6:00-7:00am	Cycle	Andrea	CS
6:00-7:00am	\$\$ TRX	Claus	CR
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Pilates/Yoga	Ruth	FS
8:20-8:50am	HIIT Core	Emily	JG
9:00-10:00am	Cycle	Drew	CS
9:15-10:15am	Zumba	Jessie	PG
9:15-10:15am	Gentle Yoga	Ruth	FS
9:15-10:15am	Aqua Tabata	Dawn	LP
10:30-11:15am	Aqua Flow	Dawn	AP
10:30-11:15am	SS Classic/Cardio	Ruth	PG

Saturday	Class	Instructor	Room
8:00-9:00am	Cycle	Amy G/ Jackie	CS
8:15-9:15am	Step	Sue	FS
9:30-10:30am	Yoga	Ruth	FS
10:45-11:45am	Zumba	Stesha	FS

Sunday	Class	Instructor	Room
10:30-11:30am	Yoga	Sue	FS
10:30-11:30am	Cycle	Drew	CS
12:00-1:00pm	Boxing Bootcamp	Claus	FS

COUCHBUSTERS!

Kickoff Workshop:
Saturday | March 14 | 10:15 am-12:15 pm

Group Runs: Thursdays | March 19–April 23 (6 Weeks)
10-10:45 am (Emily) | 6:15-7 pm (Alicia)

Cost: Members \$55 | Community \$80

Fee includes \$30 registration for the SPRINT FOR SPRING 5K Run/Walk chip timed race on April 25, T-shirt & goody bag, along with the Couchbusters program.

Key: FS: Fitness Studio | WC: Wellness Center | CS: Cycle Studio | PG: Priebe Gym | LP: Lap Pool | AP: Activity Pool | CR: Conference Room | MGR: Multigenerational Room | RC: Racquetball Court | \$\$: Paid Programming, Register at the Front Desk

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 total body workout. Each class will vary by format, some may be more choreographed and some may use different equipment. Classes may vary from fitness levels 1-2+. Ask the instructor if this class is for you. Ages 13+ or pass swim test.

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. **Boxing Bootcamp** may utilize the punching bags and more boxing moves that may be performed at a higher intensity. Classes may vary from fitness levels 3+. Ages 16+.

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+. Ages 13+.

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. Ages 13+.

Deep Water Running: This class is for intermediate fitness levels looking to run in the water without all the impact on the body and running on land. Ages 13+ or must pass swim assessment.

HIIT Strength: Maximize your strength training workout with various intervals to train your total body. Fitness levels 3+. Ages 16+. (**HIIT Core:** is similar to strength but focus on all core muscles)

Kidz Yoga: Stretch, move, and play the Kidz Yoga way! Class will focus on the six branches and eight limbs of the yoga practice and use multiple fun and engaging ways and class themes to practice them. Fitness level 1+ and for ages 4-10. **No class on February 26 and March 16.**

Rock Steady Boxing \$\$: This specialty paid, innovative, therapy fitness program can lessen the symptoms for anyone at any level of Parkinson's. This class helps build flexibility, strength, power and speed while moving body in all planes of motion. Volunteers are welcome.

Sculpt: Looking to build total body lean muscle? Join this class and utilize various equipment like dumbbells, bodyweight, steps, stability balls and/or bands will be utilized to tone and build all major and minor muscle groups. Fitness levels 2+. Ages 16+.

Silver Sneakers (Cardio, Classic, Yoga): Tivity Health instructors 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+. Ages 16+.

Step: Music, steps, choreography and lots of fun and high energy, that is what you will find with our Step classes with a non-stop movement! **No Step on March 16, 18, 23, and 25.**

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 and/or Pilates exercises to challenge your total body. Fitness levels 3+. Ages 13+.

TRX \$\$: Leverages your own body weight and gravity to activate your core like never before! Register for the session or to drop-in to a class at the Front Desk! Rates and classes are subject to change. **TRX for Military/EMT/Police/Fireman** is for our members that are in the service or working as an EMT, Police Officer or Fireman. Please show your I.D. to the Front Desk before attending class. **No TRX on March 5 and April 2.**

Turn N Burn: is 30 minutes of cycle and 30 minutes of various bodyweight exercises. Fitness level 2+ and ages 13+.

Yoga (Power, Gentle Yoga, Pilates/Yoga): Are you looking to relax, restore, rejuvenate and introduce your body to yoga? Then this class is for you! Classes may vary from fitness levels 2-3. Power Yoga is Fitness Level 4+. Ages 13+. Ask the instructor if this class is for you. **Pilates/Yoga will not be offered on March 5 and April 2.**

Zumba: A fusion of Latin International music and dance themes that create a dynamic, exciting and effective workout. Fitness Levels 2+. Ages 8+.

Sprint for Spring 4th Annual 5K!

Join Us at the Geneva Lakes Family YMCA for our 4th Annual 5K Run/Walk. This "chip timed" race is a perfect run/walk to prepare yourself for future runs, to keep yourself in shape or simply have some fun!

April 25, 2020 at 9am

\$30 Run/Walk Participants or \$35 if registered after April 12

T-shirt, awards, snacks and goody bags for all that register!



GROUP FITNESS FACTS:

- All classes are first come, first served. Majority of the classes are free, only classes that have "\$" by their name, is a fee based class.
- You do not need to bring any equipment to the class. Just wear workout attire that you are comfortable to move in.
- Youth Guidelines for Group Classes are the following; 8 years & older may attend Zumba with a parent/guardian. 13 years and older may attend with a parent/guardian classes like Cycle, Tread N Shred, Turn N Burn, Yoga, Yoga/Pilates, Zumba, Aqua Classes (must pass a swim test). 16 years & older may attend TRX, Bootcamp, Sculpt, HIIT Strength, Insanity, Step and specialty workshops.
- Any questions in regards to the Group Exercise Program contact Fitness Director, Emily Thielsen at 262.248.6211x17 or email Emily.thielsen@glymca.org.
- 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.org/childwatch

GENEVA LAKES FAMILY YMCA

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