



2018 Spring 2 Schedule April 16th – June 3rd

Updated 4 – 12

Classes are subject to change April 16th – April 23rd. Please check our website for up to date offerings!

MON/AM

CYCLE (CS) 6-7
(Andrea) 2

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

BOOTCAMP (JG)
8:30-9:30 (Jaime) 3

CYCLE (CS)
9 – 10 (Lori) 2

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

TRED N SHRED (WC)
9:15-10:15 (Alicia) 2

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

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

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

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

MON/PM

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

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

TURN N BURN (CS)
9:15-10:15 (Jaime) 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

STRENGTH (FS)
10:30-11:15 (Dawn) 2

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

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

WALL YOGA (MR) 5:30-
6:30 (Ruth) 2

YOGA/CORE (MR)
6:45-7:45 (Ruth) 2

WED/AM

CYCLE (CS) 6-7
(Drew) 3

YOGA (FS) 8-9
(Lauren) 2

BOOTCAMP (JG)
8:30-9:30 (Jaime) 3

CHAIR YOGA (PG)
9:15-10:15 (Sue) 1

TRED N SHRED (WC)
9:15-10:15 (Alicia) 2

ZUMBA GOLD (FS)
10:30-11:15 (Dawn) 2

WED/PM

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

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

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

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

THURS/AM

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

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

STRONG (by ZUMBA)
(JG) 8:45-9:45
(Jaime) 3

VIRTUAL RPM
(CS) 9-10 (Lori) 2

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

AQUA BOOTCAMP (LP)
9:15-10:15 (Alicia) 3

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

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

THURS/PM

SCULPT (FS) 5-6 (Amy) 2

TABATA SPIN (CS)
5:30 – 6:30 (Jaime) 3

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

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

FRI/AM

CYCLE (CS) 6-7
(Andrea) 2

YOGA (FS) 8-9 (Sue) 2

BOOTCAMP (PG) 8:30-
9:30 (Jaime) 3

CYCLE (CS) 9-10
(Drew) 3

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

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

ZUMBA (JG)
9:35 – 10:30 (Jessie) 2

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

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

AQUA ZUMBA (AP)
10:30-11:15 (Dawn) 2

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/Dawn) 2

SUN/AM

CYCLE (CS)
10:30 – 11:30
(Drew) 3

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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May 4 – 6, both the Fitness and Cycle Studios are
closed for cleaning and all classes are canceled
throughout this time.

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 April, 2018



Every accomplishment starts with the decision to try.

GENEVA LAKES FAMILY YMCA

Spring 2 session

April 16th – June 3rd

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**