

Spring 2: April 17th – June 4th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00–7:00A • Alicia Cycle (CS)	6:15–7:00A • Alicia HIIT (JG)	6:00–7:00A • Drew Cycle (CS)	6:15– 6:45A • Alicia Conditioning Together (ViPR) (JG)	8:00–9:00A • Lisa Power Yoga (AS)	8:00–9:00A • Alicia Bootcamp/Conditioning Together (ViPR) (JG)	10:30–11:30A • Drew Cycle (CS)
8:00–9:00A • Lisa Power Yoga (AS)	8:00–9:00A • Claus Kickbox Bootcamp (AS)	8:00–9:00A • Lauren Yoga (AS)	8:00–9:00A • Claus Kickbox Bootcamp (AS)	9:15–9:45A • Patty/Rob Conditioning Together (ViPR) (JG)	8:00–9:00A • Amy/Cathy Cycle (CS)	10:30–11:30A • Sue Yoga (AS)
9:00–10:00A • Lori Cycle (CS)	8:15 – 8:45 Rob – Conditioning Together (ViPR) (JG)	8:00–9:00A • Glenn Cycle (CS)	8:00–8:45am • Hannah Express Cycle (CS)	9:00–10:00 • Drew Cycle (CS)	8:00–9:00A • Sue Step (AS)	12:00–1:00P • Claus Kickboxing (AS)
9:15–10:15A • Glenn Step (AS)	9:15–10:15A • Sue *SS Cardio (PG)	8:00–9:00A • Jaime Bootcamp (JG)	8:00–9:00A • Ruth Sunshine YOGA (MR)	9:15–10:15 • Dawn Zumba (AS)	9:15–10:15A • Ruth Yoga (AS)	Updated April 17th
9:15–10:15A • Ruth *SS Yoga (PG)	9:15–10:15A • Patty Tread’n Shred (WC)	9:15–10:15A • Ruth *Brains and Body (PG)	9:15–10:15A • Lori Virtual RPM (CS)	9:15–10:15 • Ruth Gentle Yoga (MR)	10:30–11:30A • Yamilla Zumba (AS)	
9:15–10:15A • Alicia Tread’n Shred (WC)	9:15–10:15A • Dawn Zumba (AS)	9:15–10:15A • Alicia Tread’n Shred (WC)	9:15–10:15A • Sue *SS Cardio (PG)	9:15–10:15A • Alicia Aqua Bootcamp (LP)	<p>Members: Classes are complimentary Non-member drop-in: \$10 day pass</p> <p>Rocksteady Boxing is a fee based class. Please ask to speak with our Fitness Director Rob Breidenbach for all inquiries.</p>	
9:15–10:15A • Dawn Aqua Bootcamp (LP)	9:15–10:15A • Hannah Aqua Fit (LP)	9:15–10:15A • Rob Turn’n Burn (CS)	9:15–10:15A • Patty Tread’n Shred (WC)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)		
10:30–11:15A • Dawn Aqua Sculpt (AP)	10:30–11:15A • Alicia Aqua Sculpt (AP)	10:30–11:15A • Dawn Aqua Zumba (AP)	9:15–10:15A • Hannah Aqua Fit (LP)	10:30–11:15A • Dawn Aqua Zumba (AP)	<p>Class Location Key: AS = Aerobic Studio</p> <p>WC = Wellness Center CS = Cycle Studio MR = Meeting Room</p> <p>PG = Priebe Gym JG = Jaycee Gym</p> <p>LP = Lap Pool AP = Activity Pool</p>	
10:30–11:30A • Deb Barre (AS)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)	10:30–11:15A • Deb Zumba Gold (AS)	10:30–11:15A • Hannah Aqua Mixer (AP)	10:30–11:15A • Ruth *SS Classic (PG)		
10:30–11:15A • Ruth *SS Classic (PG)	10:30–11:00A • Dawn Core and More (JG)	4:15–5:15P • Sue Gentle Yoga (AS)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)	* Classes with an asterisk are low impact designed for any fitness level.		
5:00–6:00P • Sue Pilates/Yoga (AS)	11:30–12P • Hannah Conditioning Together (ViPR) (JG)	5:30–6:30P • Ruth Pilates/Yoga (AS)	10:30–11:15A PIYO Express • Deb (JG)			
6:30–7:00P • Jaime Conditioning Together (ViPR) (JG)	12:05–12:35P • Hannah Lunch Express (AS)	5:30 – 6:30p • Jaime Bootcamp (JG)	12:05–12:35P • Hannah Lunch Express (AS)	<p>Class cancelation may happen due to low attendance or instructor availability. Sign up for free text alerts for information on canceled classes.</p>		
6:35–7:35P • Yamilla ZUMBA (AS)	5:30–6:30P • Amy Cycle (CS)	5:30–6:30P • Amy Cycle (CS)	5:00–6:00P • Amy Sculpt (AS)			
	5:30 – 6:30P • Ruth Wall Yoga (MR)	6:30–7:30P • Yamilla ZUMBA (PG)	6:30–7:30P • Ruth Yoga (AS)			
	5:30 – 6:30P • Claus Advanced Bootcamp (AS)	6:45–8:00P • Claus Bootcamp (AS)				

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Sculpt: Build a stronger you with this toning and conditioning class that uses free weights, bands, med balls, body bars, and more.

Arms & Abs: Join this 30 minute class that combines toning and strengthening for arms and abs making this a great upper body class.

Butts 'n Guts: A high-intensity class that stresses proper form, cardio output & total body strength.

Lunch Xpress: A high-energy, calorie-blasting 30-minute workout that includes Tabata, Yoga, Bootcamp, Sculpt and more.

Bootcamp: Join this class that offers a variety of styles and workouts that combine strength, cardio and group energy for a total body workout.

Kickbox Bootcamp: An intense circuit workout using fitness drills & a variety of weights, kickboxing, self-defense, jump ropes & heavy ropes to create the ultimate workout.

Advanced Bootcamp: This high-intensity bootcamp circuit will challenge you in all aspects of fitness and is intended for those who have graduated from the Bootcamp class.

Kickboxing: This high-intensity circuit-style class combines boxing, self-defense and toning to create an ultimate workout.

Tread'n Shred: 30 minutes on the treadmill combined with 30 minutes of strength makes a great combo.

Sculpt/Pilates: Strength and Flexibility exercises to help develop a feeling of physical and mental well-being.

Zumba: A fusion of Latin International music and dance themes that create a dynamic, exciting, effective fitness class.

Zumba Gold: A lower impact Zumba class for all ages to enjoy.

Virtual RPM – Instructor will take you through bike rides around the world simulating real rides on real roads.

Brains and Body: Learn to listen to your entire body while performing exercises to engage both body and mind.

Aqua Mixer – Mix up your workout every week. A different workout from week to week allows for new exercises to be implemented.

Step: This instructor-led, hour class is a classic utilizing a step with or without risers for varied difficulty.

Yoga: This class links several poses together to create strength, flexibility, endurance, and balance including pose modifications.

Gentle Yoga: Perfect for yoga beginners, injury recovery, pre- & post-natal participants as well as seniors.

Yoga Blast: Take your yoga practice to a new level with breath of fire, power poses, binds, and inversions. We invite you to unleash the power within to gain strength in mind and body.

Conditioning Together (ViPR) – Vitality, Performance, and Reconditioning. This 30 minute Class from MOSSA uses loaded weight training for optimal cardiac and muscular health.

Pilates/Yoga: Combining Pilates and Yoga to improve whole body strength, flexibility, balance and build core strength.

Barre: Combining a focus on ballet and strength training to create lean muscles using a chair for more challenging movements.

Core & More: Participants will work towards a stronger, fitter and more functional core.

Cycle: Our instructors will lead you through a variety of terrains to challenge any cycling enthusiast.

Turn'n Burn: 30 minutes of cycle combined with 30 minutes of strength makes a great combo.

Aqua Bootcamp: All forms of fitness will be used in this challenging water workout!

Aqua Fit: Increase your strength and cardio endurance with this challenging, yet low-impact 60-minute workout.

Aqua Yoga: A combination of dynamic and static movements to improve balance and coordination to bring your yoga practice to a new level.

SS= SilverSneakers: Class are led by certified SilverSneakers instructors designed to improve overall balance, flexibility and total body strength. Formats include: Classic, Cardio & Yoga

Rocksteady Boxing – Give Parkinson's the one two punch in this class proven to delay the progression of Parkinson's Disease.



**BE HEALTHY
BE STRONG
BELONG**

Group Exercise Schedule

GENEVA LAKES FAMILY YMCA

Spring 2 Session

April 17th – June 4th

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GENEVA LAKES FAMILY YMCA
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