

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)	9:00–10:00 • Drew Cycle (CS)	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)	8:00–9:00A • Ruth Sunshine YOGA (MR)	9:15–10:15 • Dawn Zumba (AS)	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)	9:15–10:15A • Lori Virtual RPM (CS)	9:15–10:15 • Ruth Gentle Yoga (MR)	9:15–10:15A • Ruth Yoga (AS)	Updated May 9th
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 • Sue *SS Cardio (PG)	9:15–10:15A • Alicia Aqua Bootcamp (LP)	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 • Patty Tread'n Shred (WC)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)		
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 • Hannah Aqua Fit (LP)	10:30–11:15A • Dawn Aqua Zumba (AP)		
10:30–11:15A • Dawn Aqua Sculpt (AP)	10:30–11:15A • Alicia Aqua Sculpt (AP)	10:30–11:15A • Dawn Aqua Zumba (AP)	10:30–11:15A • Hannah Aqua Mixer (AP)	10:30–11:15A • Ruth *SS Classic (PG)		
10:30–11:30A • Deb Barre (AS)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)	10:30–11:15A • Deb Zumba Gold (AS)	10:30–11:45P • Rob/Patty Rocksteady Boxing (AS)			
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)	10:30–11:15A PIYO Express • Deb (JG)			
5:00–6:00P • Sue Pilates/Yoga (AS)	11:30–12P • Hannah Conditioning Together (ViPR) (JG)	5:30–6:30P • Ruth Pilates/Yoga (AS)	12:05–12:35P • Hannah Lunch Express (AS)			
6:30–7:00P • Jaime Conditioning Together (ViPR) (JG)	12:05–12:35P • Hannah Lunch Express (AS)	5:30 – 6:30p • Jaime Bootcamp (JG)	5:00–6:00P • Amy Sculpt (AS)			
6:35–7:35P • Yamilla ZUMBA (AS)	5:30–6:30P • Amy Cycle (CS)	5:30–6:30P • Amy Cycle (CS)	6:30–7:30P • Ruth Yoga (AS)			
	5:30 – 6:30P • Ruth Wall Yoga (MR)	6:30–7:30P • Yamila ZUMBA (PG)				
	5:30 – 6:30P • Claus Advanced Bootcamp (AS)	6:45–8:00P • Claus Bootcamp (AS)				

Members: Classes are complimentary
Non-member drop-in: \$10 day pass

Rocksteady Boxing is a fee based class.
Please ask to speak with our Fitness Director Rob Breidenbach for all inquiries.

* Classes with an asterisk are low impact designed for any fitness level.

Class cancelation may happen due to low attendance or instructor availability. Sign up for free text alerts for information on canceled classes.

Class Location Key:
AS = Aerobic Studio

WC = Wellness Center
CS = Cycle Studio
MR = Meeting Room

PG = Priebe Gym
JG = Jaycee Gym

LP = Lap Pool
AP = Activity Pool

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

Sign Up For YMCA Text Alerts Today



Get weather & class cancellation alerts!

Enter this number

Text this message

*Standard text message rates apply.

GENEVA LAKES FAMILY YMCA
203 S. Wells Street
Lake Geneva, WI 53147
262-248-6211
GenevaLakesYMCA.org