

# Summer: June 5<sup>th</sup> – August 27<sup>th</sup>

Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00–7:00A • Alicia Cycle (CS)	7:45–9:00A • Claus Kickbox Bootcamp (AS)	6:00–7:00A • Drew Cycle (CS)	7:45–9:00A • Claus Kickbox Bootcamp (AS)	6:00–7:00A • Cathy Cycle (CS)	8:00–9:00A • Alicia Bootcamp (JG)	10:30–11:30A • Sue Yoga (AS)
8:00–9:00A • Lisa Power Yoga (AS)	8:15 – 8:45 Rob – Conditioning Together (ViPR) (PG)	8:00–9:00A • Lauren Yoga (AS)	8:00–9:00A • Ruth Sunshine YOGA (MR)	8:00–9:00A • Lisa Power Yoga (AS)	8:00–9:00A • Amy/Cathy Cycle (CS)	12:00–1:00P • Claus Kickboxing (AS)
8:00–9:00A • Jaime Bootcamp (PG)	9:15–10:15A • Sue *SS Cardio (PG)	8:00–9:00A • Jaime Bootcamp (PG)	9:15–10:15A • Lori Virtual RPM (CS)	9:00–10:00 • Drew Cycle (CS)	8:00–9:00A • Sue Step (AS)	<b>Updated June 27th</b>
9:00–10:00A • Lori Cycle (CS)	9:15–10:15A • Patty Tread’n Shred (WC)	9:15–10:15A • Ruth Brain and Balance (PG)	9:15–10:15 • Dawn Zumba (AS)	9:15–10:15 • Ruth Gentle Yoga (MR)	9:15–10:15A • Ruth Yoga (AS)	
9:15–10:15A • Glenn Step (AS)	9:15–10:15A • Dawn Zumba (AS)	9:15–10:15A • Alicia Tread’n Shred (WC)	9:15–10:15A • Sue *SS Cardio (PG)	<b>9:15–10:15A • Alicia Aqua Bootcamp (LP)</b>	10:30–11:30A • Various Instructors Cardio Mix (AS)	
9:15–10:15A • Ruth *SS Yoga (PG)	<b>9:15–10:15A • Hannah Aqua Fit (LP)</b>	9:15–10:15A • Rob Turn’n Burn (CS)	9:15–10:15A • Patty Tread’n Shred (WC)	<b>10:30–11:15A • Alicia Aqua Flow (AP) Starts 7.7.17</b>		
9:15–10:15A • Alicia Tread’n Shred (WC)	<b>10:30–11:15A • Alicia Aqua Sculpt (AP)</b>	10:30–11:15A • Deb Zumba Gold (AS)	<b>9:15–10:15A • Hannah Aqua Fit (LP)</b>	10:30–11:45P • Rob/Patty Rocksteady Boxing (PG)		
<b>9:15–10:15A • Dawn Aqua Bootcamp (LP)</b>	10:30 – 11:15 • Ruth Family Yoga (MR)	4:15–5:15P • Sue Gentle Yoga (AS)	<b>10:30–11:15A • Hannah Aqua Mixer (AP)</b>	10:30–11:15A • Ruth *SS Classic (MR)		
<b>10:30–11:15A • Dawn Aqua ZUMBA (AP)</b>	10:30–11:45P • Rob/Patty Rocksteady Boxing (PG)	5:30–6:30P • Ruth Pilates/Yoga (AS)	10:30–11:45P • Rob/Patty Rocksteady Boxing (PG)	* Classes with an asterisk are low impact designed for any fitness level.		
10:30 – 11:00am Rob • Conditioning Together (ViPR) (AS)	10:30–11:00A • Dawn Core and More (AS)	5:30–6:30P • Amy Cycle (CS)	10:30–11:15A PIYO Express • Deb (AS)			
10:30–11:15A • Ruth *SS Classic (PG)	12:05–12:35P • Hannah Lunch Express (AS)	6:45–8:00P • Claus Bootcamp (AS)	12:05–12:35P • Hannah Lunch Express (AS)			
5:00–6:00P • Sue Pilates/Yoga (AS)	5:30–6:30P • Amy Cycle (CS)		5:00–6:00P • Amy Sculpt (AS)			
6:30–7:00P • Jaime Conditioning Together (ViPR) (PG)	5:30 – 6:30P • Ruth Wall Yoga (MR)		6:15–7:15P • Ruth Yoga (AS)			
	5:30 – 6:30P • Claus Advanced 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.

## Class Location Key:

AS = Aerobic Studio

WC = Wellness Center

CS = Cycle Studio

MR = Meeting Room

PG = Priebe Gym

JG = Jaycee Gym

RB = Racquet Ball

Court

**LP = Lap Pool**

**AP = Activity Pool**

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



**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.

**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.  
**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.

**Aqua Mixer** – Mix up your workout every week. Change intensities levels every class for an improved workout.

**Cardio Mix** – Let us get your heart rate up during this upbeat 60-minute class. Anything from Cardio, Zumba, Hip Hop, or Interval Training is fair game!

**Aqua Flow** – A fusion of Yoga, Tai Chi, and Pilates in dynamic and static movements to improve balance, coordination, and mobility.

**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.

**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.

**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.

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

**Brain and Balance:** Increase neuroplasticity by keeping you mentally sharp and physically stable by practicing mind and body exercises.

**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.

# GENEVA LAKES FAMILY YMCA

## Summer Session

### June 5<sup>th</sup> – August 27<sup>th</sup>



# Group Exercise Schedule

Sign Up For YMCA Text Alerts Today



Get weather & class cancellation alerts!

\*Standard text message rates apply.

**GENEVA LAKES FAMILY YMCA**  
**203 S. Wells Street**  
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