



# GENEVA LAKES FAMILY YMCA

## June 2026 Group Fitness Class Schedule

### MONDAY

| TIME                | CLASS                           | LOCATION | INSTRUCTOR               |
|---------------------|---------------------------------|----------|--------------------------|
| <b>A.M. Classes</b> |                                 |          |                          |
| 5:15-6:15am         | Cycle                           | CS       | Andrea                   |
| 6:50-7:50am         | \$\$ TRX                        | FS       | Claus                    |
| 8:00-9:00am         | Wall Yoga                       | PG       | Ruth                     |
| 8:15-9:00am         | Les Mills BODYPUMP Exp          | JG       | Leticia                  |
| 8:30-9:05am         | Les Mills SHAPES                | FS       | Gabriella                |
| 9:15-10:00am        | Les Mills BODYPUMP Exp          | JG       | Gena                     |
| 9:15-10:00am        | Deep Water Running              | LP       | Jackie                   |
| 9:15-10:00am        | Cycle                           | CS       | Gabriella                |
| 9:15-10:15am        | 4Ever Young Yoga Fusion         | PG       | Ruth                     |
| 10:15-11:00am       | Aqua Sculpt                     | AP       | Jackie                   |
| 10:30-12:00pm       | \$\$ Rock Steady Boxing         | JG       | Melissa/Jackie and Becky |
| <b>P.M. Classes</b> |                                 |          |                          |
| 4:30-5:15pm         | Les Mills BODYPUMP & CORE Combo | FS       | Gabriella                |
| 5:15-6:00pm         | Military TRX                    | FS       | Claus                    |

### TUESDAY

| TIME                | CLASS              | LOCATION     | INSTRUCTOR |
|---------------------|--------------------|--------------|------------|
| <b>A.M. Classes</b> |                    |              |            |
| 5:15-6:15am         | Les Mills BODYPUMP | JG           | Melissa    |
| 8:00-9:00am         | Yoga/Pilates       | *Outdoors/FS | Ruth       |
| 8:00-9:00am         | Les Mills BODYPUMP | JG           | Vicky      |
| 8:30-9:00am         | Cycle SevIN+OUT    | CS           | Gena       |
| 9:10-9:40am         | Les Mills CORE     | JG           | Gena       |
| 9:15-10:15am        | 4Ever Young Cardio | PG           | Sue        |
| 9:15-10:15am        | Zumba              | FS           | Jessie     |
| 10:15-11:00am       | Aqua Bootcamp      | LP           | Jessie     |
| <b>P.M. Classes</b> |                    |              |            |
| 5:00-6:00pm         | Wall Yoga          | FS           | Ruth       |

### WEDNESDAY

| TIME                | CLASS                   | LOCATION     | INSTRUCTOR     |
|---------------------|-------------------------|--------------|----------------|
| <b>A.M. Classes</b> |                         |              |                |
| 5:15-6:00am         | Les Mills SHAPES        | FS           | Gabriella      |
| 8:00-9:00am         | Yoga                    | *Outdoors/PG | Sue            |
| 8:15-9:00am         | Sculpt                  | FS           | Jackie         |
| 8:30-9:30am         | Les Mills BODYPUMP      | JG           | Leticia        |
| 9:15-10:00am        | Tread Run/Walk          | UL           | Jackie         |
| 9:15-10:00am        | Cycle                   | CS           | Barb           |
| 9:15-10:15am        | 4Ever Young Balance     | PG           | Sue            |
| 9:15-10:15am        | Cardio Mix              | FS           | Jill D.        |
| 10:15-11:00am       | Aqua Boot Camp          | AP           | Jackie         |
| 10:30-12:00pm       | \$\$ Rock Steady Boxing | JG           | Melissa/Jackie |
| <b>P.M. Classes</b> |                         |              |                |
| 5:00-6:00pm         | Yoga Fusion             | FS           | Ruth           |
| 6:15-7:15pm         | Cardio Combat           | FS           | Claus          |

**\*Class will be held outdoors in upper parking lot, weather permitting.**

Wellness Questions, contact:  
 Program Operations Director  
 Melissa Monge | 262-248-6211x17  
 melissa.monge@glymca.org

### THURSDAY

| TIME                | CLASS                   | LOCATION    | INSTRUCTOR     |
|---------------------|-------------------------|-------------|----------------|
| <b>A.M. Classes</b> |                         |             |                |
| 5:15-6:15am         | Les Mills BODYPUMP      | JG          | Kylie          |
| 7:30-8:15am         | Les Mills SHAPES        | FS          | Gena           |
| 8:15-9:00am         | Les Mills BODYPUMP EXP  | JG          | Kylie          |
| 8:15-9:00am         | Deep Water Running      | LP          | Jackie         |
| 9:15-10:15am        | 4Ever Young             | PG          | Jill D.        |
| 9:15-10:15am        | Step                    | JG          | Sue            |
| 9:15-10:15am        | TurnNBurn               | CS/FS       | Jackie         |
| 10:15-11:00am       | Aqua Boot Camp          | AP          | Susan          |
| 10:30-11:30am       | YIN Yoga                | FS          | Sue            |
| 10:30-11:30am       | Outdoor Walking         | Front Lobby | Jackie         |
| 10:30-12:00pm       | \$\$ Rock Steady Boxing | JG          | Melissa/Ann C. |
| <b>P.M. Classes</b> |                         |             |                |
| 4:30-5:15pm         | Les Mills SHAPES        | FS          | Gabriella      |
| 5:30-6:30pm         | Sculpt                  | FS          | Amy            |

### FRIDAY

| TIME                | CLASS                | LOCATION | INSTRUCTOR |
|---------------------|----------------------|----------|------------|
| <b>A.M. Classes</b> |                      |          |            |
| 5:15-6:15am         | Cycle/Les Mills CORE | CS/FS    | Gabriella  |
| 5:45-6:45am         | \$\$TRX              | FS       | Claus      |
| 7:00-8:00am         | \$\$TRX              | FS       | Claus      |
| 8:00-9:00am         | Yoga/Pilates         | PG       | Ruth       |
| 8:15-9:00am         | Les Mills CORE45     | JG       | Jackie     |
| 9:00-9:45am         | Cycle                | CS       | Drew       |
| 9:15-10:00am        | \$\$ Deep Water HIIT | LP       | Jackie     |
| 9:15-10:15am        | Zumba                | FS       | Emely      |
| 9:15-10:15am        | 4Ever Young Strength | PG       | Ruth       |
| 10:30-11:30am       | Barre                | FS       | Aislinn    |

### SATURDAY

| TIME                | CLASS                                      | LOCATION | INSTRUCTOR  |
|---------------------|--|----------|-------------|
| <b>A.M. Classes</b> |  |          |             |
| 7:30-8:00am         | Sculpt                                     | FS       | Jackie/Amy  |
| 8:00-9:00am         | Cycle                                      | CS       | Jackie/Amy  |
| 8:15-9:00am         | YIN Yoga                                   | FS       | Ruth        |
| 9:15-10:15am        | Yoga                                       | FS       | Ruth        |
| 10:30-11:30am       | Zumba with alternating dates offering WERQ | FS       | Emely/Nikki |
| 11:45-12:45pm       | Les Mills BODYPUMP & CORE Power Hour       | FS       | Vicky       |

### SUNDAY

| TIME                | CLASS         | LOCATION | INSTRUCTOR |
|---------------------|---------------|----------|------------|
| <b>A.M. Classes</b> |               |          |            |
| 10:30-11:30am       | Cardio Combat | FS       | Claus      |

### June Holiday Closures

- Facility closed Sunday, June 21, Father's Day
- Facility will be closed on Sundays from July 5 through September 6
- 24/7 access will remain available for all approved users



# GENEVA LAKES FAMILY YMCA

## Group Fitness Class Descriptions

**Aqua (Bootcamp, Sculpt, Deep Water Running, HIIT):** 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. HIIT has lots of intervals of cardio and strength. Bootcamp is a total body cardio and strength workout. Sculpt is similar to Bootcamp, but less intense cardio exercises and focuses more on strength training. Deep Water Running requires flotation belts to help participants run faster in the water. Ask the instructor if this class is for you. Ages 13+ or pass swim test. Some classes require registration and additional fee. Prices may vary per class. Classes in the Lap Pool are for fitness levels 2-3.

**Cardio Combat:** Are you a boxer? Grab your gloves and get back to the bag! This class is an individual conditioning class that will use a variety of specialty equipment such as tires, ropes, agility ladders and boxing equipment for a total body workout! Bringing one glove encouraged for sanitation purposes. For ages 16+.  
Fitness levels 3+.

**Cardio Mix:** Shake up your cardio workout with a format that will change each week. Formats will include cardio dance, similar to Zumba, Cardio Step, Hi Lo Aerobics as well as some cardio kickboxing. Fitness Levels 2+. Ages 15+.

**4Ever Young Yoga Fusion/Cardio/Balance/Strength:** A safe and effective workout for active older adults. These variety of classes will help improve your cardiovascular endurance, muscular strength, flexibility, mobility, balance, coordination and so much more (Chairs available for assistance during workout).  
Fitness levels 1+.

**Cycle:** Our instructors will lead you through a variety of terrains and realistic road training exercises to challenge any Lake Geneva cycling enthusiast. Classes may vary from Fitness Levels 2-3.

**Cycle SevN+OUT:** Gets you on and off the bike in 7 songs and done! Join this 30-minute action-packed, terrain-challenging ride. Fitness Level 2-3, Ages 13+.

**Turn N Burn:** This is the ultimate package of strength and cardio. Participants can choose to join the 30 minutes of cycle, 30 minutes of strength, OR both! Fitness Level 2+. Ages 15+.

**Barre:** This is a low impact high-intensity full-body workout class that heavily focuses on building strength, core stability, flexibility, and balance. Sequences consist of balletic training exercises and stretching. This includes isometric movements, calisthenics, high reps and the occasional use of resistance bands, myo-release balls, and foam rollers. Most exercises will be done center floor with the occasional use of the wall to maximize benefits. Ballet slippers or grip socks are recommended. Fitness level 2+. Ages 15+.

**Outdoor Walking:** Weather permitting, this group meets in the front lobby a few minutes before class begins. Typical walk ranges from 3-4 miles. Fitness Level 2+.

**\$\$ 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.

**Strength + Core/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+.

**Step:** Music, steps, choreography and lots of fun and high energy, that is what you will find with our Step classes, along with non-stop movement!  
Fitness Level 2+. Ages 16+.

**\$\$ Tai Chi:** This class is a series of gentle physical exercises and stretches that flows into the next without pause and will create serenity through these gentle movements! Ages 18 + | Registration is required.

**Tread Run/Walk:** Do you love a good cardio workout on a treadmill or elliptical? This class will start with cardiovascular equipment to challenge your heart rate zone as well as challenge you with a variety of elevation climbs. Fitness Levels 2+. Ages 16+.

**\$\$ TRX:** Leverages your own body weight and gravity to activate your core like never before! To register for the session or to drop-in to a class visit the Front Desk! Rates and classes are subject to change. Military TRX is for members in the military, police and first responders. Ages 16+.

**WERQ:** is a high-energy, cardio dance workout class that uses trending pop, rock, and hip-hop music with easy-to-follow, athletic dance moves and fresh choreography, designed for all fitness levels to build endurance and burn calories in a fun, judgment-free environment. It combines fun dance routines with elements of sports drills and aerobics, focusing on building a sweat through repetitive moves and new steps introduced weekly.

**Yoga (Power, Wall Core Yoga, Pilates/Yoga, Yoga Fusion, Total Body Flow, & YIN):** 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 1-3. Outdoor Yoga will be on the upper parking lot at the YMCA, weather depending. Power & YIN Yoga are Fitness Level 2+. All Yoga, Ages 13+.

**Zumba:** a fun, effective dance workout that is a good option for people who enjoy upbeat music and an energetic group exercise environment.  
All fitness levels. Ages 13+.

**LES MILLS** Geneva Lake Family YMCA offers three in person LesMills classes which include: **BODY PUMP, CORE and SHAPES**. In addition to the three in person formats, the full Les Mills library of exercise formats are offered in our on-demand, Virtual Studio. Reservations for Virtual Studio can be made, 24 hours in advance, following the same steps as all group exercise classes.

LES MILLS BODYPUMP™ is THE ORIGINAL BARBELL CLASS™, the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. It will burn up to 400 calories. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more. Fitness Level 2+. Ages 15+.

LES MILLS CORE™ Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do. All the moves in LES MILLS CORE have options, so it's challenging but achievable whatever your level of fitness. During the workout, trained Instructors guide you through correct technique as you work with resistance tubes and weight plates, as well as bodyweight exercises like crunches, and hovers. Plus, there are some hip, glute and lower back exercises too. All Fitness Levels. Ages 13+.

LES MILLS SHAPES is a low-impact, full-body fitness class that combines Pilates, barre, and power yoga to sculpt and strengthen the body. It uses small, controlled movements set to modern beats to build core strength, increase flexibility, improve alignment, and enhance stability. The workout is designed for all fitness levels, with options to modify the intensity.

Please be sure to RESERVE (as well as cancel) your spot in class! Registration opens 24 hours prior to the start of class via our app or website: [genevalakesymca.org/reservations](http://genevalakesymca.org/reservations)

The majority of the classes are free; only classes that have "\$\$" in their name are fee-based classes.

Location Key: FS: Fitness Studio | UL: Upper Level Wellness Center | LP: Lap Pool | CS: Cycle Studio | CR: Conference Room

JG: Jaycees Gym | PG: Priebe Gym | AP: Activity Pool | WC: Wellness Center | VS: Virtual Studio

\$\$: Paid Programming

Please bring your own mat, water bottle and sweat towel to classes as we do not provide them.