



GENEVA LAKES FAMILY YMCA

April 2025 Group Fitness Class Schedule

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:00am	Les Mills Grit/CORE Combo	JG	Melissa
7:00-8:00am	\$\$ TRX	CR	Claus
7:45-8:45am	Floor Barre	FS	Aislinn
8:00-9:00am	Wall Yoga	PG	Ruth
8:15-9:00am	Les Mills BODYPUMP Exp	JG	Leticia
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	Jill
9:15-10:00am	Cardio Mix	FS	Leticia
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
11:30-12:00pm	Les Mills CORE	FS	Jackie
P.M. Classes			
4:30-5:25pm	Les Mills BODYPUMP	JG	Gabriella
5:30-6:00pm	Les Mills CORE	JG	Gabriella
5:30-6:30pm	Military TRX	CR	Claus

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Les Mills BODYPUMP	JG	Melissa
8:00-9:00am	Yoga/Pilates	FS	Ruth
8:00-9:00am	Les Mills BODYPUMP	JG	Leticia
9:15-9:45am	Cycle SevlN+OUT	CS	Gena
9:15-10:15am	4Ever Young Cardio	PG	Sue
9:15-10:15am	Zumba	FS	Jessie
9:45-10:15am	Les Mills CORE	JG	Gena
10:15-11:00am	Aqua Bootcamp	LP	Jessie
10:30-11:30am	Pilates Mat	FS	Jane
P.M. Classes			
5:00-6:00pm	Wall Yoga	FS	Ruth

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Cycle	CS	Andrea
8:00-8:45am	\$\$ Aqua HIIT	LP	Jackie
8:00-9:00am	Yoga	PG	Sue
8:15-8:45am	Les Mills Grit Strength	JG	Melissa
9:00-10:00am	Les Mills Combo (9-9:25am BODYPUMP 9:30-9:55am CORE)	JG	Melissa
9:00-10:00am	Tread N Shred	UL	Jackie
9:15-10:15am	4Ever Young Balance	PG	Sue
9:15-10:15am	Cardio Mix	FS	Jill
10:15-11:00am	Aqua Boot Camp	AP	Jackie
10:30-12:00pm	\$\$ Rock Steady Boxing	JG	Chris
11:30-12:00pm	Les Mills CORE	FS	Jackie
P.M. Classes			
5:00-6:00pm	Yoga Fusion	FS	Ruth
6:15-7:15pm	Cardio Combat	FS	Claus

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Les Mills BODYPUMP	JG	Melissa
8:00-8:45am	Les Mills BODYPUMP Express	JG	Gena
8:15-9:00am	Deep Water Running	LP	Jackie
8:30-9:30am	Pilates Mat	FS	Jane
9:15-10:15am	Step	JG	Sue
9:15-10:15am	TurnNBurn	CS/FS	Jackie
9:15-10:00am	4Ever Young & Active	PG	Alicia
10:15-11:00am	Aqua Boot Camp	AP	Alicia
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	Kass/Chris
P.M. Classes			
4:30-5:15pm	Les Mills BODYPUMP Express	FS	Gabriella
5:30-6:30pm	Sculpt	FS	Amy

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Cycle	CS	Andrea
5:45-6:45am	\$\$TRX	CR	Claus
7:00-8:00am	\$\$TRX	CR	Claus
8:00-9:00am	Les Mills Combo (8-8:25am BODYPUMP 8:30-8:55am CORE)	JG	Gena
8:00-9:00am	Yoga/Pilates	PG	Ruth
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	Vin to Yin Yoga	FS	Jennifer

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
7:30-8:00am	Sculpt	FS	Jackie/Amy
7:45-8:30am	Les Mills BODYPUMP Exp	JG	Leticia/Melissa
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	FS	Emely

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
10:30-11:30am	Cycle	CS	Drew
11:00-12:00pm	Cardio Combat	FS	Claus

Fitness questions, contact Fitness Director
Melissa Monge | 262-248-6211x17
melissa.monge@glymca.org



8th Annual 5k
Saturday, April 26th

Register for both events
front desk or online
genevalakesymca.org



It's Launch Party Time!
Saturday, April 19th



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! Please bring your own gloves 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 SevIN+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+.

Floor Barre: Come and be inspired as we move with power and grace in this balletic training inspired fitness class. We take what is traditionally done at the barre to center floor, combining balletic and athletic training exercises to improve strength, stability, mobility, and flexibility. All fitness levels. Ages 13+.

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 N Shred: 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 and finish with a variety of bodyweight exercises. 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. That specific class is FREE but registration is required. Ages 16+.

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 BODYPUMP

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

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 GRIT | STRENGTH

LES MILLS STRENGTH™ is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. Grit is part of a series of three workout categories, along with Cardio and Athletic. The workouts are designed to help you get the most results in the least amount of time. Fitness Level 2+. Ages 15+

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.

Majority of the classes are free, only classes that have "\$\$" by their name, are fee based classes.

Send a text to 81010 and type the message "@gymca" to enroll in program alerts.

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 | FTS: Functional Training Studio
\$\$: Paid Programming

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