

Monday	Class	Instructor	Location/ Zoom
5:45-6:45am	\$\$ TRX	Claus	CR
6:00-7:00am	Cycle	Andrea	CS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga	Ruth	PG ZM
8:15-9:15am	\$\$ TRX	Claus	CR
9:15-10:15am	Cycle	Stesha	CS
9:15-10:15am	Chair Yoga	Ruth	PG ZM
10:00-10:45am	Aqua Sculpt	Jackie	AP
5:00-6:00pm	Gentle Yoga	Kiaya	FS ZM
5:45-6:45pm	\$\$ TRX	Claus	CR
6:15-7:15pm	Strength & Core	Jaime	FS ZM
6:50-7:50pm	\$\$ TRX	Claus	CR

Tuesday	Class	Instructor	Location/ Zoom
5:15-6:15am	HIIT Strength	Jackie	FS
7:45-9:00am	\$\$ Outdoor Circuit	Claus	OD/FS
8:00-9:00am	Yoga/Pilates	Ruth	OD/PG
9:00-10:00am	Zumba	Jessie	FS ZM
9:15-10:15am	SS Cardio	Sue	OD
10:00-10:45am	Aqua Zumba	Jessie	AP
10:30-11:30am	Turn N Burn	Emily	CS/FS
5:30-6:30pm	Cycle	Amy G	CS
6:15-7:15pm	Yoga	Kiaya	FS ZM

Wednesday	Class	Instructor	Location/ Zoom
6:00-6:45am	Cycle	Drew	CS
8:00-9:00am	Power Yoga	Emily	FS ZM
9:15-10:15am	Cycle	Stesha	CS
10:00-10:45am	Aqua Bootcamp	Lia	LP
10:30-11:30am	HIIT Strength	Jackie	FS
12:00-12:30pm	\$\$ TRX Express	Claus	CR
5:30-6:30pm	Pilates	Ruth	FS ZM

Thursday	Class	Instructor	Location/ Zoom
8:00-9:00am	HIIT Core	Jaime	FS ZM
9:15-10:15am	Turn N Burn	Jackie	CS/FS
9:15-10:15am	Step	Sue	OD
10:00-10:45am	Aqua Tabata	Lia	LP
10:30-11:30am	Yoga	Emily	FS ZM
5:00-6:00pm	Sculpt	Amy G	FS ZM
6:15-7:15pm	Zumba	Jessie	FS ZM

Friday	Class	Instructor	Location/ Zoom
5:45-6:45am	\$\$ TRX	Claus	CR
6:00-7:00am	Turn N Burn	Emily	CS/FS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga/Pilates	Ruth	PG ZM
9:00-10:00am	Cycle	Drew	CS
9:15-10:15am	SS Classic	Ruth	PG ZM

Saturday	Class	Instructor	Location/ Zoom
8:00-9:00am	Cycle	Amy G/ Jackie	CS
9:15-10:15am	Yoga	Ruth	FS ZM
10:30-11:30am	Zumba	Stesha	FS ZM

Help Spread the Word!

Class participants we need your help to increase participation in classes. Each class needs at least 3 participants or more in class in efforts to keep the class on the schedule for the rest of the month. Thanks for helping spread the word of these great classes!

Please be sure to RESERVE your spot in class! Registration opens 24-hours prior to the start of class. Classes are limited to 9 participants. Have you downloaded our app? Check out the link to learn how to check the schedule and reserve your spot:
<https://apps.daxko.com/wC9eRajLm7>

If you aren't able to get into class, please join class via Zoom! See back page for additional details on how to join class!

ZOOM Info: Meeting ID: 498 943 4120 Password: fitness

Location Key:

FS: Fitness Studio | UL: Upper Level Wellness Center | CS: Cycle Studio | CR: Conference Room | PG: Priebe Gym | AP: Activity Pool | OD: Outdoor Only (weather depending ONLY, class will be canceled if weather is bad) | ZM: Zoom Option available

GROUP FITNESS Fitness levels are specified by levels 1 (low intensity) to level 3 (high intensity)

Aqua (Bootcamp, Sculpt, Zumba, Tabata): 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, some may be more choreographed and some may use different equipment. Classes may vary from fitness levels 1+. Ask the instructor if this class is for you. Ages 13+ or pass swim test. Classes in the Lap Pool are for fitness levels 2-3.

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. Ask the instructor before class if this class is for you. **Turn N Burn:** is 30 minutes of cycle and 30 minutes of various bodyweight exercises. Fitness level 2+

HIIT Core: Maximize your strength training workout with various intervals to train your core muscles. (**HIIT Strength:** more total body strength training) Fitness levels 3+.

Pilates: Are you looking to condition your core? Then this class is for you. Using Pilates principles and breathe you will be guided through exercises and stretches to help strengthen your core muscles. Fitness levels 1+.

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+.

Silver Sneakers (Cardio, Classic, Chair Yoga): Tivity Health instructors provide a safe and effective workout for active older adults. These classes will help improve your cardiovascular endurance, muscular strength, flexibility, mobility, balance, coordination and so much more. Fitness levels 1+. Ages 16+.

Step: Music, steps, choreography and lots of fun and high energy, that is what you will find with our Step classes with a non-stop movement! **Step and Core:** is 30 minutes of step and 30 minutes of various bodyweight exercises. Fitness level 2+

TRX \$\$: Leverages your own body weight and gravity to activate your core like never before! Register for the session or to drop-in to a class at the Front Desk! Rates and classes are subject to change.

Yoga (Power, Gentle Yoga, Pilates/Yoga): 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 2-3. Power Yoga is Fitness Level 4+.

Zumba: A fusion of Latin International music and dance themes that create a dynamic, exciting and effective workout. Fitness Levels 2+.

How to reserve your spot in class?

- Visit our website at Genevalakesymca.org
- Click on our Schedules Tab and then click on the Reservations Tab
- Filter through our schedule to find the class you would like to attend (search via categories, instructors, titles, etc.)
- Create a login and reserve your spot in class, you may sign-up 24 hours prior to the start of class!
- Or Download our App: <https://apps.daxko.com/wC9eRajLm7>



Interested in participating in class from home?

- Download the Zoom App on your computer or tablet
- Once it is downloaded, open your Zoom App 5 minutes prior to class starting
- Select 'Join Meeting' and enter the Meeting ID and Meeting Password that you see on this schedule



For pre-recorded workouts from your Y instructors, visit Geneva Lakes YMCA on YouTube! Subscribe to Geneva Lakes YMCA and click on Playlists, to view all our videos!

Outdoor Circuit Class

Join Claus, your Boxing Bootcamp instructor, for some specialty outdoor circuit classes! You will use a variety of specialty equipment such as tires, ropes, agility ladders and more for a total body workout! Meet in the upper back parking lot at the YMCA. For ages 16+. All fitness levels welcome.

Every Tuesday Morning at 7:45-9 AM | Weather Depending!
\$6 Per Participant | Registration is Required | Minimum of 5 Participants are Needed

Outdoor Chakra Yoga

Give your mind and body the gift of chocolate and meditation! This workshop will help you appreciate the present moment and savor the time spent being mindful. You will be able to focus deeper on body sensations and relaxation, while you deepen your meditation practice with instructors Ruth and Emily.

August 12 | 10-11:30 AM | Veterans Park, Lake Geneva | Ages 13+
\$6 Per Participant | Registration is Required | Minimum of 5 Participants are Needed

General Group Exercise Facts

- Majority of the classes are free, only classes that have "\$" by their name, is a fee based class.
- Be sure to sanitize your exercise space and equipment prior to your workout as well as afterwards.
- We encourage you to bring your own mat, water bottle and sweat towel to classes.
- Any questions in regards to the Group Exercise Program contact Fitness Director, Emily Thielsen at 262.248.6211x17 or email Emily.thielsen@glymca.org.
- Send a text to 81010 and type the message "@glymca" to enroll in program alerts.