

Monday	Class	Instructor
5:15-6:15am	Cycle	Andrea
Zoom Info:	ID: 893 0483 1006	PWD: 233698
7:00-8:00am	\$\$ TRX	Claus
8:00-9:00am	Yoga	Ruth
Zoom Info:	ID: 836 5350 4473	PWD: 197579
8:15-9:15pm	\$\$ TRX	Claus
9:15-10:15am	Cycle	Stesha
Zoom Info:	ID: 896 6299 7905	PWD: 727836
11:00-12:00pm	HIIT Strength	KJ
Zoom Info:	ID: 886 8507 7301	PWD: 053017
5:00-6:00pm	Yoga	Kiaya
Zoom Info:	ID: 825 4918 7917	PWD: 422799
5:00-6:00pm	\$\$ TRX	Claus
615-7:15pm	HIIT Strength	Jaime
Zoom Info:	ID: 825 8329 5312	PWD: 489139
6:15-7:15pm	\$\$ TRX	Claus

Tuesday	Class	Instructor
5:15-6:15am	HIIT Strength	Jackie
Zoom Info:	ID: 848 9998 9110	PWD: 070700
8:00-9:00am	Yoga/Pilates	Ruth
Zoom Info:	ID: 851 5058 2658	PWD: 672184
9:15-10:15am	Zumba	Jessie
Zoom Info:	ID: 826 6620 5429	PWD: 913591
11:00-12:00pm	Turn N Burn	Dawn
Zoom Info:	ID: 854 0136 3658	PWD: 406446
11:00-12:00pm	RSB Virtual Only	Patty
Zoom Info:	ID: 885 9400 1677	PWD: 008999
5:00-6:00pm	Cycle	Amy G
Zoom Info:	ID: 850 3021 4015	PWD: 910068
615-7:15pm	Yoga	Kiaya
Zoom Info:	ID: 840 7754 6065	PWD: 144829

Wednesday	Class	Instructor
5:15-6:15am	Cycle	Drew
Zoom Info:	ID: 832 2491 9234	PWD: 011906
8:00-9:00am	Power Yoga	Emily
Zoom Info:	ID: 867 7658 7637	PWD: 627857
9:15-10:15am	Cycle	Stesha
Zoom Info:	ID: 898 2013 2560	PWD: 371320
11:00-12:00pm	HIIT Strength	KJ
Zoom Info:	ID: 884 3975 8232	PWD: 496706
5:00-6:00pm	Cycle	Andrea
Zoom Info:	ID: 870 1999 8727	PWD: 018860
615-7:15pm	Pilates	Ruth
Zoom Info:	ID: 810 2879 5662	PWD: 169561

Thursday	Class	Instructor
5:15-6:15am	HIIT Cardio	KJ
Zoom Info:	ID: 893 6600 9101	PWD: 791675
8:00-9:00am	HIIT Core	Jaime
Zoom Info:	ID: 835 6100 0436	PWD: 732038
9:15-10:15am	Turn N Burn	Jackie
Zoom Info:	ID: 893 0483 1006	PWD: 233698
11:00-12:00pm	Yoga	Donna
Zoom Info:	ID: 843 0147 9739	PWD: 119274
11:00-12:00pm	RSB Virtual Only	Patty
Zoom Info:	ID: 848 7358 2387	PWD: 600562
5:00-6:00pm	Sculpt	Amy G
Zoom Info:	ID: 840 0317 7824	PWD: 759307
615-7:15pm	Zumba	Jessie
Zoom Info:	ID: 860 0587 3909	PWD: 16517

Friday	Class	Instructor
5:15-6:15am	Cycle	Andrea
Zoom Info:	ID: 835 1988 4614	PWD: 598131
6:00-7:00am	\$\$ TRX	Claus
7:15-8:15am	\$\$ TRX	Claus
8:00-9:00am	Cycle	Drew
Zoom Info:	ID: 870 6095 0986	PWD: 970719
8:30-9:30am	\$\$ TRX	Claus
9:15-10:15am	Gentle Yoga	Ruth
Zoom Info:	ID: 870 1227 3764	PWD: 635511
11:00-12:00pm	Zumba	Dawn
Zoom Info:	ID: 886 7131 1577	PWD: 189447

Saturday	Class	Instructor
7:15-8:15am	\$\$ TRX	Claus
8:00-9:00am	Cycle	Amy G
Zoom Info:	ID: 815 6425 4955	PWD: 756408
9:15-10:15am	HIIT Strength	Alicia
Zoom Info:	ID: 815 6425 4955	PWD: 756408

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. 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!

RSB is only available via Zoom and TRX is not available via Zoom.

Be sure to check out our Pre-Recorded workouts via our YouTube channel—subscribe to Geneva Lakes YMCA on YouTube!

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

Cycle: Our instructors will lead you through a variety of terrains and realistic road training exercises to challenge any Lake Geneva cycling enthusiast. Some classes will even have a projection screen of the terrains to watch as you ride. Classes may vary from fitness levels 2-3. Ask the instructor before class if this class is for you.

HIIT Strength: Maximize your strength training workout with various intervals to train your total body. Fitness levels 3+. (**HIIT Core:** is similar to strength but focus on all core muscles)(**HIIT Cardio** is a bodyweight workout that will get your heart rate going and improve your cardiovascular system).

Kidz Yoga: Stretch, move, and play the Kidz Yoga way! Class will focus on the six branches and eight limbs of the yoga practice and use multiple fun and engaging ways and class themes to practice them. Fitness level 1+ and for ages 4-10. **This class is available via our YouTube page. Subscribe to Geneva Lakes YMCA via YouTube or click on the link to participate in Miss Amy's Kidz Yoga classes.**
Link: <https://www.youtube.com/channel/UCmLNiz3XZGhVDkB-WKKJ2WQ/playlists>

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+.

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.

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+.

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.

Turn N Burn: is 30 minutes of cycle and 30 minutes of various bodyweight exercises. Fitness level 2+

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!

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!



Outdoor Circuit Class

Join your favorite Bootcamp instructors 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.

8—9:30 AM

June 13 | June 27 | July 11 | July 25

\$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.
- Child Watch is NOT available Summer 2020.

GENEVA LAKES FAMILY YMCA

203 S. Wells Street | Lake Geneva, WI 53147 262.248.6211 | GenevaLakesYMCA.org