GENEVA LAKES FAMILY YMCA

November 2026 Group Fitness Class Schedule

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Cycle	CS	Andrea
6:50-7:50am	$$ TRX	FS	Claus
8:00-9:00am	Wall Yoga	PG	Ruth
8:15-9:00am	Les Mills BODYPUMP Exp	JG	Leticia
8:30-9:15am	Les Mills SHAPES	FS	Melissa
9:15-10:00am	Les Mills BODYPUMP Exp	JG	Gena
9:15-10:00am	Deep Water Running	LP	Jackie
9:15-10:00am	Cycle	CS	Staff
9:15-10:15am	4Ever Young Yoga Fusion	PG	Ruth
10:15-11:00am	Aqua Sculpt	AP	Jackie
10:30-12:00pm	$$ Rock Steady Boxing	JG	Melissa/Jackie and Becky
P.M. Classes			
5:15-6:00pm	Military TRX	FS	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	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	AP	Jessie
P.M. Classes			
5:00-6:00pm	Wall Yoga	FS	Ruth
6:15-7:15pm	Zumba+Lift **(begins Nov 10)**	FS	Emely

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:00am	Les Mills SHAPES	FS	Gabriella
7:15-8:00am	Les Mills SHAPES **(no class Nov 25)**	JG	Gena
8:00-9:00am	Yoga	PG	Sue
8:15-9:00am	Sculpt	FS	Jackie
8:30-9:30am	Les Mills BODYPUMP **(no class Nov 25)**	JG	Leticia
9:15-10:00am	Tread Run/Walk	UL	Jackie
9:15-10:00am	**Cycle (no class Nov 25)**	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 **(no class Nov 25)**	JG	Melissa/Jackie
P.M. Classes			
5:00-6:00pm	Yoga Fusion	FS	Ruth
6:15-7:15pm	Cardio Combat	FS	Claus

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

THURSDAY (No classes Nov 26)

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	Les Mills BODYPUMP	JG	Gabriella
8:15-9:00am	Les Mills BODYPUMP EXP	JG	Gena
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.
P.M. Classes			
5:30-6:30pm	Sculpt	FS	Amy

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
5:15-6:15am	**Cycle (no class Nov 27)**	CS	Andrea
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 **(no class Nov 27)**	JG	Jackie
9:00-9:45am	Cycle	CS	Drew
9:15-10:00am	$$ Deep Water HIIT **(no class Nov 27)**	LP	Jackie
9:15-10:15am	Zumba	FS	Emely
9:15-10:15am	4Ever Young Strength	PG	Ruth

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
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	Les Mills BODYPUMP & CORE - POWER HOUR	FS	Vicky

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
A.M. Classes			
10:30-11:30am	Cardio Combat	FS	Claus

FALL INTO FITNESS!
New season, new classes, new ways to move!
LAUNCHING THIS FALL and WINTER!

ZUMBA + LIFT - Science-based, music-driven workout fuses the high-energy fun of the Zumba program with the muscle-sculpting power of strength training.

MELT METHOD for beginners! Melt Method is a gentle self-care technique that enhances mobility, stability and performance and is clinically proven to reduce chronic pain while restoring overall wellbeing.

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 gloves 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 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+.

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 3-4miles. Fitness Level 2+.

$$ Rock Steady Boxing: This specialty paid, innovative, therapy fitness program can lesson 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+.

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+.

LesMills **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

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.