

Monday	Class	Instructor	Location/ Zoom
5:45-6:45am	\$\$ TRX	Claus	CR
5:45-6:45am	Cycle	Andrea	CS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga	Ruth	FS ZM
8:15-9:15am	\$\$ TRX	Claus	CR
9:00-9:45am	Deep Water Running	Jackie	LP
9:15-10:15am	Cycle	Stesha	CS
9:15-10:15am	Chair Pilates	Ruth	PG ZM
10:00-10:45am	Aqua Sculpt	Jackie	AP
10:30-12:00pm	\$\$ RockSteady-Boxing	Jaime/Dawn	JG
5:00-6:00pm	Gentle Yoga	Kiaya	FS ZM
5:45-6:45pm	\$\$ TRX	Claus	CR
6:50-7:50pm	\$\$ TRX	Claus	CR

Tuesday	Class	Instructor	Location/ Zoom
5:15-6:15am	HIIT Strength	Jackie	FS
8:00-9:00am	Yoga/Pilates	Ruth	FS
9:15-10:15am	Turn N Burn	Hannah	CS/JG
9:15-10:15am	SS Cardio	Stesha	PG
10:00-10:45am	Aqua Zumba	Dawn	AP
5:15-6:15pm	Wall Core Yoga	Ruth	FS ZM
5:30-6:30pm	Cycle	Amy G	CS

Wednesday	Class	Instructor	Location/ Zoom
5:15-6:15am	\$\$ TRX	Claus	CR
5:45-6:30am	Cycle	Drew	CS
8:00-9:00am	Power Yoga	Ruth	FS ZM
8:45-9:45am	Tread N Shred	Jackie	UL/JG
9:15-10:15am	Chair Yoga	Kiaya	PG ZM
10:00-10:45am	Aqua Bootcamp	Jackie	LP
12:00-12:30pm	\$\$ TRX Express	Claus	CR
5:30-6:30pm	Pilates	Ruth	FS ZM
5:45-6:45pm	\$\$ Boxing Bootcamp	Claus	JG/OD

Thursday	Class	Instructor	Location/ Zoom
5:15-6:15am	HIIT Strength	Andrea	FS
8:15-9:00am	Strength & Core	Jaime	JG ZM
9:15-10:15am	Turn N Burn	Jackie	CS/JG
9:15-10:15am	Step	Stesha	FS or PG
10:00-10:45am	Aqua Bootcamp	Lia	LP
10:30-11:30am	Yoga	Hannah	FS ZM
5:00-6:00pm	Sculpt	Amy G	FS ZM
6:15-7:15pm	Zumba	Stesha	FS ZM

Friday	Class	Instructor	Location/ Zoom
5:45-6:45am	\$\$ TRX	Claus	CR
5:45-6:45am	Cycle	Andrea	CS
7:00-8:00am	\$\$ TRX	Claus	CR
8:00-9:00am	Yoga/Pilates	Ruth	FS 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

Please be sure to RESERVE your spot in class!
Registration opens 24-hours prior to the start of class.

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

Help Spread the Word!

We need your help to increase participation in these group classes. Each class needs at least three or more individuals enrolled to keep it on the schedule for the rest of the month. Thanks for spreading the word!

Location Key:

FS: Fitness Studio | UL: Upper Level Wellness Center | LP: Lap Pool
CS: Cycle Studio | CR: Conference Room | JG: Jaycee's Gym
PG: Priebe Gym | AP: Activity Pool | ZM: Zoom Option available

GENEVA LAKES FAMILY YMCA

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

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

Aqua (Bootcamp, Sculpt, Zumba, Deep Water Running): 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+. 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. Classes in the Lap Pool are for fitness levels 2-3.

Boxing Bootcamp \$\$: Join Claus, your Boxing Bootcamp instructor, for a speciality circuit classes! You will use a variety of specialty equipment such as tires, ropes, agility ladders, boxing equipment and more for a total body workout! For ages 16+. All fitness levels welcome. Monthly prices are available for \$ 18 Member or \$6 per drop-in for class. Community prices are also available. Registration is required.

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. **Turn N Burn:** is 30 minutes of cycle and 30 minutes of various body-weight 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+.

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.

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+. SS Cardio is outdoor only, if weather is bad, class will be cancelled. Please refer to the app schedule for update.

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! Fitness level 2+. Step is outdoor only, if weather is bad, class will be cancelled. Please refer to the app schedule for updates.

Strength and Core: is 30 minutes of total body strength training and 30 minutes of various bodyweight exercises. Fitness level 2+

Tread N Shred: Do you love a good cardio workout on a treadmill or elliptical? This class will use cardiovascular equipment to challenge your heart rate zone and then you will complete strength exercises on the fitness floor to challenge your total body. Fitness levels 3+.

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+.

Gobble til' you Wobble Workout!

Join Personal Trainers Stacey and Alicia for a total body strength and cardio workout. You will use a variety of equipment for an interval based workout that will help you burn off the thanksgiving turkey!

Saturday, Nov. 28 | 9:30-10:30am | \$6 Member | \$10 Community | Small Gym | Register by 11/25, Must have 9 participants to run the class

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!

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