

### March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am <b>LES MILLS SPRINT</b> Kristi Cycle St	7-8am <b>MUSCLEFLEX</b> Studio 2 Debbie	8-9am <b>CYCLE STRENGTH</b> Cycling Studio Lynn	7-8am <b>MUSCLEFLEX</b> Studio 2 Debbie	7-8am <b>CYCLE</b> Cycling Studio Lynn/Debbie	8-9am <b>BARRE YOGA</b> Studio 2 Meenu	10-11am <b>ZUMBA</b> Studio 2 Isabel/Paula
7-8am <b>HIIT</b> Studio 2 Shirin	8:30-9:15am <b>WATER FITNESS</b> Pool Tia	8:10-9:10am <b>STRENGTH FOUNDATIONS</b> Studio 2 Deepti	8:30-9:15am <b>WATER FITNESS</b> Pool Tia	8:10-9:10am <b>HIIT</b> Studio 1 Lynn	9:10-10:10am <b>ZUMBA</b> Studio 2 Isabel/Paula	11:10-12:10pm <b>YOGA</b> Studio 2 Andrea P
7-8am <b>CYCLE</b> Cycling Studio Lynn/Debbie	8:10-9:10am <b>CYCLE</b> Cycling Studio Debbie	8:30-9:15am <b>WATER FITNESS</b> Pool Maria	8:10-9:10am <b>POP PILATES</b> Studio 2 Binal/Staff	8:10-9:10am <b>MAT PILATES</b> Studio 2 Debbie	10:15-11:15am <b>BODY COMBAT</b> Studio 2 Sarah	
8:10-9:10am <b>MAT PILATES</b> Studio 2 Debbie	9:20-10:20am <b>STEP AND SCULPT</b> Studio 2 Lynn	9:20-10:20am <b>YOGA</b> Studio 1 Andrea P	9:20-10:20am <b>TABATA</b> Studio 2 Deepti	9:15-10:15am <b>CYCLE</b> Cycling Studio Jodi		
8:30-9:15am <b>WATER FITNESS</b> Pool Tia	9:20-10:20am <b>BARRE FUSION</b> Studio 1 Andrea P	9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Maria	10:30-11am <b>CIRCL MOBILITY</b> Studio 2 Deepti	9:20-10:20am <b>ZUMBA</b> Studio 2 Deepti		
9:20-10:20am <b>YOGA</b> Studio 1 Meenu	9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Tia	9:20-10:20am <b>STRENGTH TRAINING FOR ADULTS WITH DISABILITIES</b> Studio 2 Allison M	10:30-11:30am <b>YOGA</b> Studio 1 Meenu	9:20-10:20am <b>YOGA</b> Studio 1 Andrea P		
9:20-10:20am <b>TOTAL STRENGTH</b> Studio 2 Deepti	10:30-11:30am <b>ZUMBA GOLD</b> Studio 2 Deepti	10:30-11:15AM <b>CARDIO LIGHT</b> Studio 2 Terre		10:30-11am <b>BASIC CYCLE</b> Cycling Studio Jodi		
9:20-10:20am <b>CYCLE STRENGTH</b> Cycling Studio Lynn	10:30-11:30am <b>YOGA</b> Studio 1 Andrea P	11:30-12:30pm <b>SILVER SNEAKERS</b> Studio 2 Terre		11:30-12:30pm <b>SILVER SNEAKERS</b> Studio 2 Andrea P		
9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Tia				11:30-12:15pm <b>AOA</b> Studio 1 Terre/Staff		
11:30-12:30pm <b>SILVER SNEAKERS</b> Studio 2 Terre				12:30-1pm <b>SILVER YOGA</b> Studio 2 Andrea P		
11:30-12:30pm <b>AOA</b> Studio 1 Alyson						
5:30-6:30pm <b>BODYCOMBAT</b> Studio 2 Sarah	5:30-6:30pm <b>STEP AND SCULPT</b> Studio 2 Lynn	6:00-7:00pm <b>WERQ</b> Studio 1 Sujitha	5:30-6:30pm <b>STRENGTH FOUNDATIONS</b> Studio 2 Lynn	4:45-5:30pm <b>TEEN TABATA</b> Studio2 Rafael	<b>Water Fitness</b>	<b>Cardio</b>
5:30-6:30pm <b>TOTAL SCULPTING</b> Studio 1 Elsie	6-7pm <b>DANCE FUSION</b> Studio1 Deepti/Deneen	6-7pm <b>PILATES</b> Studio 2 Sampada	6:40-7:25 pm <b>Bolly X</b> Studio 2 Sujitha	5:30-6:15pm <b>WEST AFRICAN DANCE</b> Studio1 Deneen	<b>Beginner/Slower Pace</b>	<b>Cardio/Strength</b>
6:40-7:40pm <b>ZUMBA</b> Studio 2 Deepti		7-8pm <b>YOGA</b> Studio 1 Meenu			<b>Silver Sneakers</b>	<b>Cycle</b>
6:40-7:40pm <b>YOGA FLEX /BODY BALANCE</b> Studio 1 Elsie					<b>Mind/Body</b>	

Check [fryfamilyymca.org](https://fryfamilyymca.org) or YMCA Universal app for the most current information on substitutions & cancellations.

## GROUP EXERCISE CLASS DESCRIPTIONS

**ACTIVE OLDER ADULTS/Silver Sneakers/Zumba Gold/Silver Yoga:** Maintain health and functionality with programs designed specifically for the needs of the young at heart.

**HIIT/TABATA:** A mix of a cardio/strength sequences, giving you maximum calorie burning potential.

**LES MILLS SPRINT:** A High-Intensity Interval Training (HIIT) class on an indoor bike that uses short bursts of all-out energy to push your limits, increase your heart rate and burn more calories.

**PILATES:** A workout focusing on core stability, mobility and breath.

**WATER FITNESS:** Low impact class designed to improve flexibility, range of motion, strength and cardio while using resistance of water.

**ZUMBA:** Bring a dance party to your fitness routine with the calorie burning workout to Latin and world rhythms.

**CYCLE:** A high intensity cardio workout on a bike. Cycle/Strength classes include strength segments too.

**Body Combat:** A high-energy martial arts inspired, non-contact workout. Punch and kick your way into fitness and burn calories!

**Yoga Flex/Body Balance:** A mix of yoga, balance and strength.

**Muscle Flex:** This class targets every muscle, while taking the drudge out of weight training.

**Step and Sculpt:** Simple, heart pumping step aerobics routines, that combine with strength training intervals, that give you a complete cardio and weights workout.

**Barre Fusion:** Based on a fusion of Pilates and Barre techniques, this results driven class incorporates the perfect blend of deep muscle toning, grace of ballet, and flexibility.

**Dance Fusion:** A mix of dance techniques for a well rounded dancing good time.

**Strength Foundations/Total Strength:** Target all your muscles in these strength-based classes.

**Yoga:** Link your breath with movement in this class that builds flexibility and promotes well-being.

**Werq:** Cardio based dance workout based on pop and hip-hop music.

**West African Dance:** An expressive dance format, highlighting West African culture rhythms.