

April 2024

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

Check fryfamilyymca.org or **YMCA Universal** app for the most current information on substitutions & cancellations.

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIE 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.