

June 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 Cycle 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 Studio Shirin/Tabitha	11:10-12:10pm YOGA Studio 1 Andrea P
7-8am CYCLE Cycling Studio Debbie	8:10-9:10am CYCLE Cycle 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	8:30-9:15 WATER FITNESS Pool Jane	10:15-11:15am Body Combat Studio 2 Sarah	
8:30-9:15am WATER FITNESS Pool Tia	9:20-10:05am BARRE FUSION Studio 1 Andrea P	9:30-10:15am DEEP WATER FITNESS Pool Maria	10:30-11am CIRCL MOBILITY Studio 2 Deepti	9:15-10:15am CYCLE Cycle Studio Jodi		
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 ZUMBA Studio 2 Deepti		
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		9:20-10:20am YOGA Studio 1 Andrea P		
9:20-10:20am CYCLE STRENGTH Cycle Studio Lynn	10:30-11:30am YOGA Studio 1 Andrea P	11:30-12:30pm SILVER SNEAKERS Studio 2 Terre/Andrea		10:30-11:00 Basic Cycle Cycle Studio Jodi		
9:30-10:15am DEEP WATER FITNESS Pool Tia				11:30-12:30 pm Silver Sneakers Studio 2 Andrea P/Terre		
10:45-11:30am AOA Studio 1 Alyson				12:30-1pm Silver Yoga Studio 2 Andrea P		
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		Water Fitness	Cardio
5:30-6:30pm TOTAL SCULPTING Studio 1 Elsie	6-7pm DANCE FUSION Studio1 Paula	6-7pm PILATES Studio 2 Sampada	6:00-7:00pm Bolly X Studio 1 Sujitha		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	

GROUP EXERCISE CLASS DESCRIPTIONS FOR THE FRY Y

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.

Visit fryfamilyymca.org or the YMCA Universal app for the most updated information on substitutions and cancellations.

For questions, please contact Lynn Martinez, Fitness Director at lmartinez@ymcachicago.org.

