



the power of **PLAY**

Fry Family YMCA Group Exercise Schedule

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 a.m. LES MILLS SPRINT Kristi Cycle St	7-8 a.m. MUSCLEFLEX Studio 2 Debbie	8:10-9:10 a.m. CYCLE STRENGTH Cycling Studio Lynn	7-8 a.m. MUSCLEFLEX Studio 2 Debbie	7-8 a.m. CYCLE Cycling Studio Debbie	8-9 a.m. BARRE YOGA Studio 2 Melissa	10-11 a.m. ZUMBA Studio 2 Isabel
7-8 a.m. HIIT Studio 2 Andrea M	8:30-9:15 a.m. WATER FITNESS Pool Tia	8:10-9:10 a.m. STRENGTH FOUNDATIONS Studio 2 Deepti	8:30-9:15 a.m. WATER FITNESS Pool Tia	8:10-9:10 a.m. HIIT Studio 1 Lynn	9:10-10:10 a.m. ZUMBA Studio 2 Isabel	11:10 a.m.-12:10 p.m. YOGA Studio 1 Andrea P
7-8 a.m. CYCLE Cycling Studio Debbie	8:10-9:10 a.m. CYCLE Cycling Studio Debbie	8:30-9:15 a.m. WATER FITNESS Pool Tia	8:10-9:10 a.m. POP PILATES Studio 2 Binal	8:10-9:10 a.m. MAT PILATES Studio 2 Debbie	9:10-10:10 a.m. YOGA Studio 1 Melissa	
8:10-9:10 a.m. MAT PILATES Studio 2 Debbie	9:20-10:20 a.m. STEP AND SCULPT Studio 2 Alyson	9:20-10:20 a.m. YOGA Studio 1 Andrea P	9:20-10:20 a.m. TABATA Studio 2 Deepti	9:15-10:15 a.m. CYCLE Cycling Studio Jodi	10:20-11:20 a.m. BODY COMBAT Studio 2 Sarah	
8:30-9:15 a.m. WATER FITNESS Pool Tia	9:20-10:20 a.m. BARRE FUSION Studio 1 Andrea P	10:30-11:15 a.m. CARDIO LIGHT Studio 2 Terre	10:30-11:30 a.m. YOGA Studio 1 Meenu	9:20-10:20am ZUMBA Studio 2 Deepti		
9:20-10:20 a.m. YOGA Studio 1 Meenu	10:30-11:30 a.m. ZUMBA GOLD Studio 2 Deepti	11:30 a.m.-12:30 p.m. SILVER SNEAKERS Studio 2 Terre		10:30-11:30 a.m. YOGA Studio 1 Andrea P		
9:20-10:20 a.m. TOTAL STRENGTH Studio 2 Deepti	10:30-11:30 a.m. YOGA Studio 1 Andrea P			11:30 a.m.-12:30 p.m. SILVER SNEAKERS Studio 2 Andrea P		
11:30-12:30 p.m. SILVER SNEAKERS Studio 2 Terre				11:30 a.m.-12:30 p.m. AOA Studio 1 Terre		
11:30 a.m.-12:30 p.m. AOA Studio 1 Alyson				12:30-1 p.m. SILVER YOGA Studio 2 Andrea P		
5:30-6:30 p.m. BODYCOMBAT Studio 2 Sarah	5:30-6:30 p.m. STEP AND SCULPT Studio 2 Lynn	6-7 p.m. PILATES Studio 2 Sampada	5:30-6:30 p.m. STRENGTH FOUNDATIONS Studio 2 Lynn			
5:30-6:30 p.m. TOTAL BODY SCULPTING Studio 1 Lynn	6-7 p.m. DANCE FUSION Studio1 Paula	6-7 p.m. WERQ Studio 1 Sujitha	6:40-7:40 p.m. BOLLYX Studio 2 Natasha			
6:40-7:40 p.m. ZUMBA Studio 2 Deepti		7:10-8:10 p.m. GENTLE YOGA Studio 1 Meenu				
7-8 p.m. Yoga Studio 1 Melissa						

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

lakeviewymca.org

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS: Maintain health and functionality with a program designed specifically for the needs of those young at heart.

BODYPUMP: is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns many calories.

CORE: Utilize athletic training principles to build strength, stability, and endurance in the muscles that support your core.

FULL BODY CONDITIONING: A full body workout that targets all major muscle groups.

LES MILLS SPRINT: A 30 minute 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 SCULPT A workout focusing on core stability, mobility and breath.

RHYTHM RIDE: A 45 minute cycle class with a focus on movements, music and pedaling to the beat. Designed to help increase endurance and strength.

SMALL GROUP TRAINING: Small Group Training is an affordable class designed for a small group of family or friends of 4-6 people that is personalized to everybody's goals. **Registration is required. If there is an alternate time you would like to schedule small group training, please feel free to reach out to lvfitness@ymcachicago.org for available days and times.

TABATA EVOLUTION: A series of timed HIIT exercises designed to help increase endurance and strength.

TREAD & TRAIN: 20 minutes on a treadmill training with 30 minutes of resistance training.

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

YOGA BASICS: A widely practiced form of yoga, using body postures, breathing techniques and meditation.

ZUMBA: Bring a dance party to your fitness routine with the calorie-burning workout to Latin and World Rhythms.

For additional information or questions,
please contact lvfitness@ymcachicago.org or visit
lakeviewymca.org

