



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

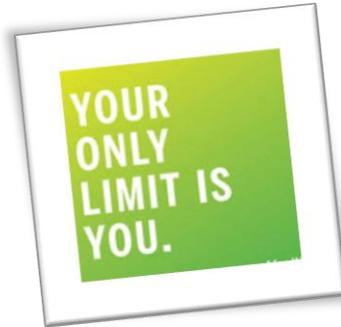
# Fry Group Exercise Class Schedule

EFFECTIVE AUGUST 28 - SEPTEMBER 3RD  
CLOSED ON SEPTEMBER 4TH

| MONDAY        |                        |          |          |  |
|---------------|------------------------|----------|----------|--|
| Time          | Class / Format         | Loc      | Inst     |  |
| 5:15-6:15a    | Indoor Cycle           | CY CYCLE | rotating |  |
| 7:00-7:45p    | Deep Water Express     | C POOL   | Kim G    |  |
| 8:05-9:05a    | Fit Fusion             | CS ST2   | Kim      |  |
| 8:00-8:55a    | Deep Water Exercise    | C POOL   | Kim G    |  |
| 9:15-10:15a   | Full Body Conditioning | C ST2    | Victoria |  |
| 10:20-11:20a  | Mat Pilates            | MB ST2   | Jessica  |  |
| 11:45a-12:30p | SilverSneakers® #      | AOA ST2  | Jessica  | pick up number at Front Desk to reserve spot |
| 6:30-7:25p    | Zumba®                 | C ST2    | Victoria |  |
| 7:30-8:30p    | BODYJAM™               | C ST2    | Kelly    |  |

| TUESDAY     |                        |          |           |  |
|-------------|------------------------|----------|-----------|--|
| Time        | Class / Format         | Loc      | Inst      |  |
| 7:00-7:55a  | Shallow Water Ex       | C POOL   | Gail      |  |
| 7:30-8:00a  | Indoor Cycle Express # | CY CYCLE | Kathy     |  |
| 8:05-9:05a  | Vinyasa Flow Yoga      | MB ST1   | Kathy     |  |
| 9:00-10:00a | Running Club           | LOBBY    | Caroline  |  |
| 12:15-1:00p | Silver Splash          | C POOL   | Kim G     |  |
| 6:30-7:30p  | BODYPUMP™ #            | ST ST1   | Sherry    |  |
| 7:35-8:30p  | Y Fit Family Yoga      | MB ST1   | Meenakshi |  |

| WEDNESDAY     |                    |          |          |  |
|---------------|--------------------|----------|----------|--|
| Time          | Class / Format     | Loc      | Inst     |  |
| 5:05-6:05a    | Fit Fusion         | CS ST2   | Dona     |  |
| 7:00-7:45a    | Mat Pilates        | MB ST1   | Neelam   |  |
| 8:00-8:55a    | H2O Interval       | C POOL   | Sandy    |  |
| 8:05-9:05a    | Indoor Cycle #     | CY CYCLE | Kathy    |  |
| 8:20-9:15a    | Dance Fusion       | C ST2    | Nichelle |  |
| 9:30-10:30a   | Extreme Strength # | ST ST1   | Suzuka   |  |
| 9:30-10:30a   | Step Circuit       | CS ST2   | Lynne    |  |
| 10:35-11:35a  | Full Body Strength | ST ST2   | Victoria |  |
| 11:45a-12:30p | SilverSneakers® #  | AOA ST2  | Amy      | pick up number at Front Desk to reserve spot |
| 6:00-7:00p    | Power Hour         | CS ST1   | Jessica  |  |
| 7:00-8:00p    | BODYJAM™           | C ST2    | Maribel  |  |
| 7:30-8:30p    | Y Fit Family Yoga  | MB ST1   | Anu      |  |



| THURSDAY     |                    |          |           |  |
|--------------|--------------------|----------|-----------|--|
| Time         | Class / Format     | Loc      | Inst      |  |
| 5:15-6:15a   | BODYPUMP™          | ST ST1   | Jenny     |  |
| 7:00-7:45a   | Yoga Basics        | MB ST1   | Meenakshi |  |
| 8:00-8:55a   | Shallow Water Ex   | C POOL   | Amy       |  |
| 8:05-9:05a   | Full Body Strength | ST ST2   | Helen     |  |
| 9:00-10:00a  | Running Club       | C LOBBY  | Caroline  |  |
| 9:15-10:00a  | Core Strength      | ST ST1   | Sherry    |  |
| 9:15-10:15a  | BODYATTACK™        | C ST2    | Jenny     |  |
| 9:15-10:15a  | Indoor Cycle #     | CY CYCLE | Helen     |  |
| 10:20-11:20a | Yoga               | MB ST2   | Saba      |  |
| 10:20-11:20a | Zumba®             | C ST1    | Deepti    |  |
| 12:15-1:00p  | Silver Splash      | C POOL   | Kim G     |  |
| 6:00-6:55p   | Step               | C ST2    | Lynne     |  |
| 6:20-7:20p   | BODYPUMP™ #        | ST ST1   | Dona      |  |
| 7:00-8:00p   | Zumba®             | C ST2    | Tanjie    |  |

| FRIDAY        |                        |          |          |  |
|---------------|------------------------|----------|----------|--|
| Time          | Class / Format         | Loc      | Inst     |  |
| 5:15-5:45a    | Indoor Cycle Express # | CY CYCLE | Jane     |  |
| 5:45-6:15a    | Yoga Express           | MB ST2   | Jane     |  |
| 7:00-7:45a    | Mat Pilates            | MB ST1   | Neelam   |  |
| 8:00-8:55a    | H2O Interval           | C POOL   | Sandy    |  |
| 8:05-9:05a    | Fit Fusion             | CS ST2   | Emily    |  |
| 9:00-9:55a    | Deep Water Exercise    | C POOL   | Kim G    |  |
| 9:15-10:15a   | Extreme Strength #     | ST ST1   | Suzuka   |  |
| 9:15-10:15a   | BODYJAM™               | C ST2    | Victoria |  |
| 11:45a-12:30p | SilverSneakers® #      | AOA ST2  | Sherry   | pick up number at Front Desk to reserve spot |

| SATURDAY     |                  |          |          |  |
|--------------|------------------|----------|----------|--|
| Time         | Class / Format   | Loc      | Inst     |  |
| 7:00-8:00a   | BODYPUMP™ #      | ST ST1   | Sherry   |  |
| 7:30-8:30a   | Indoor Cycle #   | CY CYCLE | Jane     |  |
| 8:00-8:55a   | Shallow Water Ex | C POOL   | rotating |  |
| 8:00-9:00a   | Multi-Step       | C ST2    | Paula    |  |
| 8:30-9:30a*  | Mat Pilates      | MB ST1   | Sampada  |  |
| 9:15-10:15a* | BODYJAM™         | C ST2    | Lynn     |  |

| SUNDAY            |                |     |      |  |
|-------------------|----------------|-----|------|--|
| Time              | Class / Format | Loc | Inst |  |
| <b>No Classes</b> |                |     |      |  |

| LEGEND   |
|--|
| \$ = Premium class requires registration and additional payment.         |
| # = a number <b>may</b> be required. Please check at the membership desk |
| ST1 = Studio 1 - Northwest Corner ("The Small Studio")                   |
| ST2 = Studio 2 - Southeast Corner ("The Big Studio")                     |
| C = Cardio Classes   |
| ST = Strength and Toning Classes   |
| MB = Mind/Body Classes   |
| CS = Cardio/Strength Combination Classes                                 |
| CY = Cycling Classes   |
| 🏠 = Family Friendly Classes  |

\* Instructors subject to change without notice.  
\* Classes with low attendance may be subject to cancellation  
\* See back for class descriptions

for up to date class list, go to [www.fryymca.org/programs/fitness](http://www.fryymca.org/programs/fitness)

| AGE RESTRICTIONS  |
|---|
| Children ages 8-12 are welcome to attend "Family Friendly"  classes with a parent or guardian. |
| Parent or guardian must be prepared to assist child when necessary and child must be able to follow the instructor.   |
| Must be 16 or older to participate in any strength, cycle class, or fit fusion class. 13 and older may participate in all other classes..   |
| Children under the age of 8 are never allowed in the studio when class is in session.   |

## CLASS DESCRIPTIONS/FORMATS

### C=Cardio Classes

|                       |   |
|-----------------------|---|
| <b>BODYJAM™</b>       | BodyJam™: The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. This class is suitable for all fitness levels and no experience is necessary.  |
| <b>Indoor Cycle</b>   | Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. Express classes are a 30 minute version of our regular cycle class. This class is suitable for all fitness levels and no experience is necessary. |
| <b>Step</b>           | Step up your cardio endurance while following along to high energy choreographed moves set to great music. This class is suitable for all fitness levels and no experience is necessary.  |
| <b>Multi-Step</b>     | Join the fun with this cardio step class using multiple benches for each participant. Recommended for advanced steppers.  |
| <b>Zumba®</b>         | Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary. Gold level for beginners and seniors.                                    |
| <b>Dance Fusion</b>   | Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels.   |
| <b>Cardio Kickbox</b> | This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.                        |
| <b>BODYATTACK™</b>    | The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!      |

### CS=Cardio/Strength Combination Classes

|                               |   |
|-------------------------------|---|
| <b>Power Hour</b>             | Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.   |
| <b>Step Circuit</b>           | Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance. This class is suitable for all fitness levels and no experience is necessary. |
| <b>Full Body Conditioning</b> | Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.                    |
| <b>Fit Fusion</b>             | Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished!    |

### ST=Strength and Toning Classes

|                             |  |
|-----------------------------|--|
| <b>BODYPUMP™</b>            | BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl. |
| <b>Extreme Strength</b>     | Master the next level in strength training. Challenge your muscles with proven exercise science techniques and create the body of your dreams. Utilizing "Dynamic Set Training" and muscle confusion principles classes advance to ensure your muscles never adapt and you continue to make strides in strength. This class is for the intermediate to advanced participant.   |
| <b>Strength Foundations</b> | Master the basics "strength training 101". Get stronger while mastering foundational strength training principles and technique. You'll be working your way to a stronger, leaner, more confident you while learning proper form and safety. This class is suitable for all fitness levels and no experience is necessary.   |
| <b>Core Strength</b>        | The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. The express class is a 30 minute version of the regular Core strength class. Suitable for all fitness levels.  |
| <b>Full Body Strength</b>   | Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. Suitable for all fitness levels and no experience is necessary.   |

### MB=Mind/Body Classes

|                          |   |
|--------------------------|---|
| <b>Yoga Basics</b>       | Yoga is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. Yoga basics is a great place to start or take if you are recovering from an injury. Use of a chair as an assist is available in the basics class. However, any level can participate in yoga or yoga basics. Express is a 30 minute version.  |
| <b>Vinyasa Flow Yoga</b> | Link your breath with movement in this flow yoga class that will build strength, increase flexibility and promote well-being. Basic yoga knowledge is recommended.  |
| <b>Yoga Strength</b>     | Total body workout designed to tone and sculpt every major muscle group. Dumbbells, body bars and free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but easy to follow program compliments your regular yoga practice while pushing your strength and flexibility to new heights. This class is suitable for all fitness levels and no experience is necessary. |
| <b>Mat Pilates</b>       | Strengthening your powerhouse will improve core strength, stability, posture, balance and flexibility. Format combines the precise movements of Pilates with traditional fitness elements commonly used for prevention and treatment of back pain. This class is suitable for all fitness levels and no experience is necessary.  |
| <b>Yo-lates</b>          | Fusion of Yoga & Pilates, delivering the ultimate results of integrative fitness. This combo class builds strength and endurance as well as improves balance and flexibility. This class is suitable for all fitness levels and no experience is necessary.   |

### Water Exercise

|                      |   |
|----------------------|---|
| <b>Shallow Water</b> | This is a low impact, medium intensity water fitness class. All the benefits of a group fitness class w/o the impact on your joints. All Fitness Levels. No swimming skills are necessary.      |
| <b>Deep Water</b>    | This class is a great class for anyone who is comfortable in deep water and needs a "no impact" class. Work aerobically while toning core muscles as you stabilize your body position in water. |
| <b>H2O Interval</b>  | A high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.       |
| <b>Silver Splash</b> | Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.             |

### SPECIAL PROGRAMS

|                                      |   |
|--------------------------------------|---|
| <b>\$ Deep Water Cadence Running</b> | Pain free running, not fighting unpredictable weather patterns, and a fantastic workout... Join us for Deep Water Cadence Running! You don't have to be a runner, swimmer, or athlete to participate, just have comfort in deep water! We provide flotation belts, tethers, music, and an awesome instructor to get you running! Available classes may vary by session. |
| <b>\$ TaiChi</b>                     | Reduce stress and anxiety and increase flexibility and balance through this graceful form of exercise that involves a series of movements performed in a slow focused manner and accompanied by deep breathing. Cost varies - please check at Members Services for availability and pricing.  |
| <b>Running Club</b>                  | Whatever your goals may be, running club can help you achieve your running and fitness goals. Running clubs provide a great social network in an atmosphere that is supportive of your  |
| <b>SilverSneakers® Classic</b>       | Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand Held weights, elastic tubing and a ball are used. A chair is available if needed for seated or standing support. Suitable for all fitness levels and no experience is necessary.                          |
| <b>Senior Strength AOA</b>           | Getting started and getting more out of your day-to-day activities is the focus for this class which is a step up from our Silver Sneakers Classes. This class is designed to increase your heartrate in order to improve your cardiovascular health and work with weights and tubing to increase lean muscle for overall strength and health.                          |
| <b>Y Fit Family Yoga</b>             | Share the many benefits of yoga with the whole family! This is a Yoga Basics class with a fun, family format that focuses on promoting relaxation and improved flexibility that each member of the family is sure to enjoy.   |

\* Must be 16 or older to participate in any strength, cycle class, or fit fusion class. 13 and older may participate in all other classes

\* Children under the age of 8 years old are never permitted in the studio during class. No exceptions.