



Fry Spring Group Exercise Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective May 1 - June 4th

MONDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Indoor Cycle	CY	Cycle	Jane/Kristi/Elizabeth
7:00-8:00a	Yo-lates	MB	St 1	Debbie
8:05-9:05a	Fit Fusion	CS	St 2	Kim
8:00-8:55a	Deep Water Exercise	C	Pool	Kim G
9:15-10:15a	Indoor Cycle#	CY	Cycle	Debbie
9:15-10:15a	Step/Multi-step	C	St 2	Victoria
9:15-10:15a	BODYPUMP™#	ST	St 1	Sherry
9:30-10:30a	Full Body Conditioning	CS	Gym	Kim
10:20-11:20a	Mat Pilates	MB	St 2	Debbie
10:30-11:15a	Zumba Gold®	C	St 1	Mary
11:45a-12:30p	SilverSneakers® #		St 2	Jessica pick up number at Front Desk to reserve spot
11:45a-12:30p	Senior Strength (AOA)		St 1	Sherry
5:30-6:25p	Power Hour	CS	St 2	Nicole
6:30-7:25p	Zumba®	C	St 2	Victoria
7:30-8:30p	BODYJAM™	C	St 2	Kelly
7:30-8:25p	Restorative Yoga	MB	St 1	Pradip

TUESDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Strength Foundations	ST	St 1	Debbie
7:00-7:55a	Shallow Water Ex	C	Pool	Gail
7:00-7:45a	\$TaiChi^	MB	St 1	Sherry
^ FREE Class 4/11 ; next session begins 4/18 for 7 weeks				
7:30-8:00a	Indoor Cycle Ex	CY	Cycle	Kathy
8:05-9:05a	Flow Yoga	MB	St 1	Kathy
8:05-9:05a	Full Body Strength	ST	St 2	Helen
9:15-10:15a	Running Club		Lobby	Caroline
9:15-10:15a	Zumba®	C	St 2	Victoria
9:15-10:15a	Cardio Kickbox	CS	St 1	Cheryl
9:15-10:15a	Indoor Cycle #	CY	Cycle	Jane
10:20-11:20a	Vinyasa Flow Yoga	MB	St 2	Debbie
11:30-12:15p	Silver Splash	C	Pool	Kim G
6:30-7:25p	Zumba®	C	St 2	Kavitha
6:30-7:30p	BODYPUMP™ #	ST	St 1	Sherry
7:30-8:30p	Y Fit Family Yoga	MB	St 2	Pradip

WEDNESDAY				
Time	Class / Format	Loc	Inst	
5:15-6:00a	Fit Fusion	CS	St 2	Kathy
5:15-6:00a	Indoor Cycle	CY	Cycle	Sherry
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	St 2	Nichelle
9:30-10:30a	Extreme Strength #	ST	St 1	Suzuka
9:30-10:30a	Step Circuit	CS	St 2	Nichelle
10:35-11:35a	Full Body Strength	ST	St 2	Victoria
11:45a-12:30p	SilverSneakers® #		St 2	Amy pick up number at Front Desk to reserve spot
11:45a-12:30p	AOA Zumba		St 1	Victoria
5:20-5:50p	Core Express	C	St 1	Jessica
6:00-6:45p	Indoor Cycle	C	CY	Jessica
6:15-7:15p	Power Hour	CS	St 1	Siri/Nicole^
7:00-8:00p	BODYJAM™	C	St 2	Maribel
7:30-8:30p	Y Fit Family Yoga	MB	St 1	Anu



THURSDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	BODYPUMP™	ST	St 1	Jenny
7:00-7:45a	Yoga Basics	MB	St 1	Debbie
8:00-8:55a	Deep Water Exercise	C	Pool	Amy
8:05-9:05a	Full Body Strength	ST	St 2	Helen
9:15-10:15a	BODYATTACK™	C	St 2	Jenny
9:15-10:00a	Core Strength	ST	St 1	Sherry
9:15-10:15a	Indoor Cycle #	CY	Cycle	Helen
9:15-10:15a	Running Club	C	Lobby	Caroline
10:20-11:20a	Yoga	MB	St 2	Saba
10:20-11:20a	Zumba®	C	St 1	Deepti
11:30-12:15p	Silver Splash	C	Pool	Kim G
11:45-12:30a	\$TaiChi^	MB	St 1	Sherry
^FREE Class 4/13; next session begins 4/20 for 7 weeks				
6:20-7:20p	BODYPUMP™ #	ST	St 1	Dona
6:00-6:55p	Step	C	St 2	Lynne
7:00-8:00p	Zumba®	C	St 2	Tanjie

FRIDAY				
Time	Class / Format	Loc	Inst	
5:15-5:45a	Indoor Cycle Ex	CY	Cycle	Jane
5:45-6:15a	Yoga Express	MB	St 2	Jane
7:00-7:45a	Mat Pilates	MB	St 2	Neelam
8:00-8:55a	H2O Interval	C	Pool	Sandy
8:05-9:05a	Fit Fusion	CS	St 2	Emily
9:00-9:55a	Deep Water Exercise	C	Pool	Kim G/Amy
9:15-10:15a	Indoor Cycle #	CY	Cycle	Tammy
9:15-10:15a	Extreme Strength #	ST	St 1	Suzuka
9:15-10:15a	BODYJAM™	C	St 2	Victoria
10:20-11:20a	Power Hour	CS	St 2	Kim
10:30-11:15a^	\$Deep Water Cadence Running	C	Pool	Jessica
^FREE trial on 4/21; Class starts 4/28				
11:45a-12:30p	SilverSneakers® #		St 2	Amy pick up number at Front Desk to reserve spot
11:45a-12:30p	Senior Strength (AOA)		St 1	Sherry

SATURDAY				
Time	Class / Format	Loc	Inst	
7:00-8:00a	BODYPUMP™ #	ST	St 1	Sherry
7:30-8:30a	Indoor Cycle #	CY	Cycle	Jane
8:00-8:55a	Shallow Water	C	Pool	Rotating In
8:00-9:00a	Multi-Step	C	St 2	Paula
8:30-9:30a*	Mat Pilates	MB	St 1	Sampada
9:00-9:45a	Indoor Cycle #	CY	Cycle	Elizabeth
9:15-10:15a*	BODYJAM™	C	St 2	Lynn
10:20-10:50a*	Core Express	C	St 2	Sherry
11-11:45a	\$TaiChi^ (ADDED!)	MB	St 1	Sherry
^Begins 4/15 for FREE Trial. Class Starts 5/6 for 5 weeks				
*NO CLASS ON 4/29 DUE TO HEALTHY KIDS DAY				

LEGEND
\$ = Premium class requires registration and additional payment.
= a number may 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 class

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

SUNDAY				
Time	Class / Format	Loc	Inst	
12:15-1:00p	Indoor Cycle #	C	Cycle	Jessica
1:05-1:35p	Core Express	C	St 2	Jessica
1:30-2:30p	BODYPUMP™ #	ST	St 1	Maribel
2:40-3:40p	Y Fit Family Yoga	MB	St 1	Pradip
2:35-3:30p	Zumba^^	C	St 2	Kavitha
3-3:45p^	\$Deep Water Cadence Running	C	Pool	Jessica
^FREE Trial 4/23; Class begins 5/7-6/4				
^^ 5/14/17 BodyJam will be held. Maribel is instructor.				

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.

for up to date class list, go to www.fryymca.org/programs/fitness

CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

BODYJAM™	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.
Indoor Cycle	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.
Step	Step up your cardio endurance while following along to high energy choreographed moves set to great music. Class is suitable for all fitness levels and no experience is necessary.
Multi-Step	Join the fun with this cardio step class using multiple benches for each participant. Recommended for advanced steppers.
Zumba®	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.
Dance Fusion	Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels.
Line Dancing	This special event class will give you a fun cardio workout while teaching you the basics of line dancing. NO CLASS on 2/12. Class ends on 3/19.
Cardio Kickbox	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.
BODYATTACK™	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

Power Hour	Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.
Step Circuit	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.
Full Body Conditioning	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.
Fit Fusion	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

BODYPUMP™	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.
Extreme Strength	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.
Strength Foundations	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.
Core Strength	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.
Full Body Strength	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

Yoga Basics	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.
Vinyasa Flow Yoga	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.
Restorative Yoga	Center the breath and the body, align the physical and mental by practicing stillness and gentle movement for extended periods of time. Promotes deep relaxation of body and mind. This class is excellent for beginners to experienced yoga practitioners
Mat Pilates	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.
Yo-lates	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

Shallow Water	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.
Deep Water	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 in the water.
H2O Interval	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.
Silver Splash	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

\$Deep Water Cadence Running	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!
\$TaiChi	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.
Running Club	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 fitness goals.
SilverSneakers® Classic	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.
Senior Strength AOA	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 heartrate in order to improve your cardiovascular health and work with weights and tubing to increase lean muscle for overall strength and health.
Y Fit Family Yoga	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.