



Fry Spring 2019 Group Class Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Effective 3/12/19

MONDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Spinning™	CY	Cycle	Jane / Kristi
7:00-8:00a	Yo-lates	MB	St 1	Debbie
8:05-9:05a	Fit Fusion Minute Monday	CS	St 2	Kim
8:00-8:55a	Deep Water Exercise	C	Pool	Amy
9:15-10:15a	Spinning™ #	CY	Cycle	Debbie
9:15-10:15a	Cardio-Strength Combo	C	St 2	Victoria
9:15-10:15a	BODYPUMP™#	ST	St 1	Maribel
9:30-10:30a	Full Body Conditioning	CS	Gym	Kim
10:20-11:20a	Mat Pilates	MB	St 2	Debbie
10:25-11:05a	Tai Chi Flow	MB	St 1	Dawn
11:10-11:45a	Zumba® (AOA)	C	St 1	Deepti
11:45a-12:30p	SilverSneakers® #	St 2		Jessica pick up number at Front Desk to reserve spot
11:50a-12:35p	Senior Strength (AOA)	St 1		Deepti
4:30-5:25p	\$Ballet		St 1	
4:30-5:25p	\$Tae Kwon Do		St 2	
5:30-6:25p	\$POMS for kids		St 1	
5:30-6:25p	BODYATTACK™	CS	St 2	Maribel
6:30-7:25p	Zumba®	C	St 2	Victoria
7:30-8:25p	BODYJAM™	C	St 2	Kelly
7:30-8:25p	Restorative Yoga	MB	St 1	Meenakshi

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
7:30-8:00a	Spinning™	CY	Cycle	Sherry
8:05-9:05a	Flow Yoga	MB	St 1	Meenakshi
8:05-9:05a	Full Body Strength	ST	St 2	Jane
9:15-10:15a	Running Club	Lobby		Caroline
9:15-10:15a	Zumba®	C	St 2	Victoria
9:15-10:15a	Cycle/Strength #	CY	Cycle	Jane
9:30-10:30a	HIIT	ST	Gym	Danica
10:20-11:20a	Vinyasa Flow Yoga	MB	St 2	Debbie
11:30-12:15p	Silver Splash	C	Pool	David
6:30-7:25p	Zumba®	C	St 2	Kavitha
6:30-7:30p	BODYPUMP™ #	ST	St 1	Jenny
7:30-8:30p	Y Fit Family Yoga	MB	St 2	Meenakshi



WEDNESDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Cycle/Strength	St 2/Cycle		Jane/Sherry
7:00-8:00a	Mat Pilates	MB	St 1	Neelam
8:00-8:55a	H2O Interval	C	Pool	Sandy
9:00-9:25a	Core Express		St1	Suzuka
9:30-10:15a	Spinning™	CY	Cycle	Kristi/Danica
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
10:35-11:25a	Yoga	MB	St 1	Saba
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
4:00-5:00p	Alive at Fry		St 2	
4:30-6:25p	\$Tae Kwon Do		St 1	
5:45-6:45p	HIIT	ST	St 2	Danica
6:00-6:30p	BOOTCAMP	ST	St 1	Mike
7:00-8:00p	BODYJAM™	C	St 2	Tiffany
7:30-8:25p	TaijiFit	MB	St 1	Dawn

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	Shallow Water Ex	C	Pool	Amy
8:05-9:05a	Full Body Strength	ST	St 2	Helen
9:15-10:15a	BODYATTACK™	C	St 2	Jenny
9:30-10:15a	Core Strength	ST	St 1	Danica
9:15-10:15a	Spinning™ #	CY	Cycle	Helen
9:15-10:15a	Running Club	C	Lobby	Caroline
10:20-11:20a	Yoga	MB	St 2	Helen
10:20-11:20a	Zumba®	C	St 1	Deepti
11:30-12:15p	Silver Splash	C	Pool	David
5:30-6:15p	\$Hip Hop for kids		St 1	
6:20-7:20p	BODYPUMP™ #	ST	St 1	Mindy
6:00-6:55p	Step Curcuit	C	St 2	Paula
7:00-8:00p	Zumba®	C	St 2	Tanjie
7:35-8:25p	Yoga		St 1	Meenu

FRIDAY				
Time	Class / Format	Loc	Inst	
5:10-5:40a	Spinning™	CY	Cycle	Jane
5:45-6:15a	Yoga Express	MB	St 2	Jane
7:00-7:45a	Mat Pilates	MB	St 1	Jane
8:00-8:55a	H2O Invterval	C	Pool	Sandy
8:05-9:05a	Barre	CS	St 2	Emily
9:00-9:55a	Deep Water Exercise	C	Pool	Amy
9:15-10:15a	Spinning™ #	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	Tai Chi (beginners)	MB	St 1	Dawn
11:45a-12:30p	SilverSneakers® #	St 2		Amy pick up number at Front Desk to reserve spot
11:45a-12:30p	Yoga (AOA)	St 1		Jane
4:00-5:00p	Alive at Fry		St 2	
6:30-7:30p	Zumba®	C	St 2	Kavitha

SATURDAY				
Time	Class / Format	Loc	Inst	
7:00-8:00a	BODYPUMP™ #	ST	St 1	Sherry
7:30-8:30a	Spinning™ #	CY	Cycle	Jane
8:00-8:55a	Shallow Water	C	Pool	Rotating Inst
8:00-9:00a	Multi-Step	C	St 2	Paula
8:30-9:30a	Mat Pilates	MB	St 1	Sampada
9:15-10:15a	BODYJAM™	C	St 2	Lynn
10:35-12:10p	\$Ballet for kids		St 1	
10:20-10:50a*	Core Express	ST	St 2	Sherry
11:00-11:30a	BOOTCAMP	ST	St 2	Mike
12:15-2:10p	\$Tae Kwon Do		St 1	

SUNDAY				
Time	Class / Format	Loc	Inst	
11:30-12:30p	Zumba®	C	St 2	Deepti
12:30-1:30p	BODYPUMP™ #	ST	St 1	Maribel
1:45-2:45p	Y Fit Family Yoga	ST	St 1	Meenu
1:00-1:30p	Spin Express	C	Cycle	Jessica
1:40-2:25p	Spinning™ #	C	Cycle	Jessica
2:30-3p	Ab Express		St 2	Jessica

