



# Fry Winter Group Exercise Class Schedule

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Effective January 8th, 2018

MONDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Indoor Cycle	CY	Cycle	Jane/Kristi
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	AOA Zumba®	C	St 1	Deepti
11:15-11:45a	Free Tai Chi Free	MB	St 1	Sherry
10:45-11:30a^	\$Deep Water Cadence Running	C	Pool	Jessica
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
6:25-7:25p	\$Zumba for Kids	St 1		
7:30-8:30p	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	Indoor Cycle Express	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 Kickboxing	St 1		Kathy
9:15-10:15a	Cycle/Strength #	CY	Cycle	Jane
10:20-11:20a	Vinyasa Flow Yoga	MB	St 2	Debbie
11:30-12:15p	Silver Splash	C	Pool	Kim G
5:40-6:25p	HIIT Express	ST	St 2	Danica
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	Meenakshi

WEDNESDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	HIIT	ST	St 2	Danica
5:15-6:15a	Indoor Cycle	CY	Cycle	Sherry
7:00-8:00a	Mat Pilates	MB	St 2	Neelam
8:00-8:55a	H2O Interval	C	Pool	Sandy
8:05-9:05a	Indoor Cycle #	CY	Cycle	Kathy
8:05-9:00a	Ballroom Fusion	C	St 2	Nichelle
9:00-9:25a	AB Express	St1		Suzuka
9:30-10:30a	Extreme Strength #	ST	St 1	Suzuka
9:30-10:30a	Step Circuit	CS	St 2	Nichelle / Lynne
10:35-11:35a	Full Body Strength	ST	St 2	Victoria
10:35-11:35a	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
12:35-1:15pm	Free Tai Chi Free	MB	St 1	Kathy
5:20-5:50p	Core Express	ST	St 1	Jessica
6:00-6:45p	Indoor Cycle	C	CY	Jessica
6:30-7:25p	Yoga Strength	CS	St 1	Becky
7:00-8:00p	BODYJAM™	C	St 2	Maribel



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
9:15-10:00a	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	Helen
10:20-11:20a	Zumba®	C	St 1	Deepti
10:30-11:15a^	\$Deep Water Cadence Running	C	Pool	Sherry
11:30-12:15p	Silver Splash	C	Pool	Kim G
11:30a-12:15p	Free Tai Chi Free	MB	St 1	Sherry
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
7:30-8:30p	Power Yoga	MB	St 1	Lynne

FRIDAY				
Time	Class / Format	Loc	Inst	
5:10-5:40a	Indoor Cycle Express #	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 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
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
6:30-7:30p	Zumba®	C	St 2	Kavitha

SATURDAY				
Time	Class / Format	Loc	Inst	
7:00-8:00a	\$Bootcamp\$	CS	GYM	Kristi
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 Inst
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	ST	St 2	Sherry

SUNDAY				
Time	Class / Format	Loc	Inst	
12:30-1:30p	BODYPUMP™ #	ST	St 1	Maribel
1:45-2:30p	Y Fit Family Yoga	MB	St 1	Meenakshi
2-2:45p	Indoor Cycle #	C	Cycle	Jessica
3:00-3:45 p	\$Deep Water Cadence Running	C	Pool	Jessica



**Attention**  
Spaces are on a first come first serve basis. Please do not save spaces for anyone not physically present.

LEGEND
\$ = Premium class requires registration and additional payment.
# = a number may be required. Please check at the membership desk
St1 = Studio 1 -
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

**CLASS PROTOCOL**  
Classes that require set up will not allow late entry out of respect for instructor and participants

**AGE RESTRICTIONS**  
Children ages 8-12 are welcome to attend "Family Friendly" with 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.

\* Instructors subject to change without notice.  
\* Classes with low attendance may be subject to cancellation

## 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/Ballroom Fusion</b>	Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels. No partner needed
<b>Line Dancing</b>	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.
<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.
<b>HIIT</b>	(High Intensity Interval Training) Ignite the after burn effect to help your body keep burning calories. Give your max for up to 1-minute intervals during these classes, and you can burn calories and up to 9 times more fat for up to 24 hours AFTER your workout is over! This class is for the intermediate to advanced participant. 16+ ONLY

### 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</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>\$Bootcamp</b>	Achieve your fitness goals with this military-inspired workout. Calisthenics and training drills develop strength, stamina and agility. Each class is unique to keep you challenged. We will push to advance your fitness level while encouraging your success along the way. Extra cost for this class
<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 fitness goals.
<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.