



the power of **PLAY**

# Fry Family YMCA Group Exercise Schedule

## October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am <b>LES MILLS SPRINT</b> Kristi Cycle St	7-8am <b>MUSCLEFLEX</b> Studio 2 Debbie	8-9am <b>CYCLE STRENGTH</b> Cycle Studio Lynn	7-8am <b>MUSCLEFLEX</b> Studio 2 Debbie	7-8am <b>CYCLE</b> Cycling Studio Debbie	8-9am <b>BARRE YOGA</b> Studio 2 Meenu	10-11am <b>ZUMBA</b> Studio 2 Isabel/Paula
7-8am <b>HIIT</b> Studio 2 Shirin	8:30-9:15am <b>WATER FITNESS</b> Pool Tia	8:10-9:10am <b>STRENGTH FOUNDATIONS</b> Studio 2 Deepti	8:30-9:15am <b>WATER FITNESS</b> Pool Tia	8:10-9:10am <b>HIIT</b> Studio 1 Lynn	8:00-8:45am <b>CYCLE</b> Cycle Studio Shirin/Tabitha	11:10-12:10pm <b>YOGA</b> Studio 1 Staff
7-8am <b>CYCLE</b> Cycling Studio Debbie	8:10-9:10am <b>CYCLE</b> Cycle Studio Debbie	8:30-9:15am <b>WATER FITNESS</b> Pool Maria	8:10-9:10am <b>POP PILATES</b> Studio 2 Binal	8:10-9:10am <b>MAT PILATES</b> Studio 2 Debbie	9:10-10:10am <b>Zumba</b> Studio 2 Isabel/Paula	
8:10-9:10am <b>MAT PILATES</b> Studio 2 Debbie	9:20-10:20am <b>STEP AND SCULPT</b> Studio 2 Lynn	9:20-10:20am <b>YOGA</b> Studio 2 Andrea P	9:20-10:20am <b>TABATA</b> Studio 2 Deepti	8:30-9:15 <b>WATER FITNESS</b> Pool Jane	10:15-11:15am <b>Body Combat</b> Studio 2 Sarah	
8:30-9:15am <b>WATER FITNESS</b> Pool Tia	9:20-10:05am <b>BARRE FUSION</b> Studio 1 Andrea P	9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Maria	10:30-11:30am <b>Yoga</b> Studio 1 Meenu	9:15-10:15am <b>CYCLE</b> Cycle Studio Jodi		
9:20-10:20am <b>YOGA</b> Studio 1 Meenu	9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Tia	9:20-10:20am <b>STRENGTH TRAINING FOR ADULTS WITH DISABILITIES</b> Studio 1 Allison M		9:20-10:20am <b>ZUMBA</b> Studio 2 Deepti		<a href="#">Kiddie Kountry Hours</a>
9:20-10:20am <b>TOTAL STRENGTH</b> Studio 2 Deepti 10:30-11am <b>Circl Mobility</b>	10:30-11:30am <b>ZUMBA GOLD</b> Studio 2 Deepti	10:30-11:15AM <b>CARDIO LIGHT</b> Studio 2 Terre		9:20-10:20am <b>YOGA</b> Studio 1 Andrea P		Monday-Thursday 8:00-11:45am 5:30-8pm
9:20-10:20am <b>CYCLE STRENGTH</b> Cycle Studio Lynn	10:30-11:30am <b>YOGA</b> Studio 1 Andrea P	11:30-12:30pm <b>SILVER SNEAKERS</b> Studio 2 Terre/Andrea		10:30-11:00 <b>Basic Cycle</b> Cycle Studio Jodi		Friday and Saturday 8:00-11:45am
9:30-10:15am <b>DEEP WATER FITNESS</b> Pool Tia				11:30-12:30 pm <b>Silver Sneakers</b> Studio 2 Andrea P/Terre		
10:45-11:30am <b>AOA</b> Studio 1 Alyson/Tere				12:30-1pm <b>Silver Yoga</b> Studio 2 Andrea P		
11:30-12:30pm <b>Silver Sneakers</b> Studio 2 Alyson/Terre						
5:30-6:30pm <b>BODYCOMBAT</b> Studio 2 Sarah	5:30-6:30pm <b>STEP AND SCULPT</b> Studio 2 Lynn	6:00-7:00pm <b>WERQ</b> Studio 1 Sujitha	5:30-6:30pm <b>STRENGTH FOUNDATIONS</b> Studio 2 Lynn		<b>Water Fitness</b>	<b>Cardio</b>
5:30-6:30pm <b>TOTAL SCULPTING</b> Studio 1 Elsie	6-7pm <b>BollyX</b> Studio 1 Sujitha	6-7pm <b>PILATES</b> Studio 2 Sampada	6:00-7:00pm <b>Dance/Zumba</b> Studio 1 Paula/Beth		<b>Beginner/Slower Pace</b>	<b>Cardio/Strength</b>
6:35-7:35pm <b>ZUMBA</b> Studio 2 Deepti		7-8pm <b>YOGA</b> Studio 1 Meenu			<b>Silver Sneakers</b>	<b>Cycle</b>
6:35-7:35pm <b>YOGA FLEX / BODY BALANCE</b> Studio 1 Elsie					<b>Mind/Body</b>	

## GROUP EXERCISE CLASS DESCRIPTIONS FOR THE FRY FAMILY Y

**ACTIVE OLDER ADULTS/Silver Sneakers/Zumba Gold/Silver Yoga:** Maintain health and functionality with programs designed specifically for the needs of the young at heart.

**HIIT/TABATA:** A mix of a cardio/strength sequences, giving you maximum calorie burning potential.

**LES MILLS SPRINT:** A 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:** A workout focusing on core stability, mobility and breath.

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

**ZUMBA:** Bring a dance party to your fitness routine with the calorie burning workout to Latin and world rhythms.

**CYCLE:** A high intensity cardio workout on a bike. Cycle/Strength classes include strength segments too.

**Body Combat:** A high-energy martial arts inspired, non-contact workout. Punch and kick your way into fitness and burn calories!

**Yoga Flex/Body Balance:** A mix of yoga, balance and strength.

**Muscle Flex:** This class targets every muscle, while taking the drudge out of weight training.

**Step and Sculpt:** Simple, heart pumping step aerobics routines, that combine with strength training intervals, that give you a complete cardio and weights workout.

**Barre Fusion:** Based on a fusion of Pilates and Barre techniques, this results driven class incorporates the perfect blend of deep muscle toning, grace of ballet, and flexibility.

**Dance Fusion:** A mix of dance techniques for a well rounded dancing good time.

**Strength Foundations/Total Strength:** Target all your muscles in these strength-based classes.

**Yoga:** Link your breath with movement in this class that builds flexibility and promotes well-being.

**Werq:** Cardio based dance workout based on pop and hip-hop music.

Check [fryfamilyymca.org](http://fryfamilyymca.org) or YMCA Universal App for the most current information on substitutions and cancellations. Contact Fitness Director, Lynn Martinez, if you have any questions at [Immartinez@ymcachicago.org](mailto:Immartinez@ymcachicago.org).



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