



# KEENE FAMILY YMCA

## SEPTEMBER 2019 GROUP EXERCISE SCHEDULE

### MONDAY

5:45-6:45am	00/000	Strength Circuit	W.C.	Jeremy
8:00-8:45am	00/000	Cycling	Cycle Rm	Jordana
9:00-9:45am	00/000	Pump It	Studio 2	Jordana
9:00-10:00am	0/00	Stretch & Flex	Studio 1	Ari
9:00-10:00am	0	Deep H2o	Lap Pool	Tammi
10:30-11:30am	0	Silver Strength	Studio 2	Joann
12:00-12:45pm	00/000	Functional Movement	Track	Dave
4:15-5:00pm	00/000	Total Body Express	Track	Jocelyn
4:15-5:15pm	0/00	Yoga Flow	Studio 2	Carrie
5:30-6:45pm	00/000	TRX @ Body Blast	Studio 1	Heidi
5:30-6:30pm	0/00	Zumba@	Studio 2	Donna
5:30-6:15pm	00/000	Cycling	Cycle Rm	Janet
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris

### TUESDAY

5:15-6:00am	00/000	Cycling	Cycle Rm	Sally
5:45-6:45am	00/000	Cross Training	Track	Jeremy
8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana
9:00-9:45am	0/00	Beg/Inter Cycling	Cycle Rm	Jocelyn
9:00-9:45am	00/000	Cross Training	Gym	Stacy
9:00-10:00am	00/000	Anything goes	Studio 2	Donna
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi
10:15-11:30am	0/00	Kundalini Yoga	Studio 2	Ditteke
10:30-11:30am	0	Silver Cardio Circuit	Studio 1	Joann
12:15-1:00pm	00/000	Buns & Guns	Studio 2	Joann
4:15-5:00pm	00/000	Cycling	Cycle Rm	Tiffany
4:15-5:15pm	0	Mindfulness	Studio 2	Ditteke
5:30-6:30pm	00/000	Kettlebells	Studio 2	Dave

### WEDNESDAY

5:45-6:45am	00/000	Strength & Form	W.C.	Dave
9:00-10:00am	0/00	Deep H2o	Lap Pool	Tammi
9:00-10:00am	0/00	Balletone@	Studio 2	Gretchen
9:00-10:00am	00/000	Cycling	Cycle Rm	Christine
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
12:15-1:15pm	00/000	Interval Challenge	Track	Dave
4:15-5:15pm	0/00	Yoga for You	Studio 2	Jeannine
5:00-6:00pm	0/00	Women With Weights	Track	Wanda
5:30-6:30pm	0/00	Zumba@	Studio 2	Donna
5:30-6:30pm	00/000	Barre Fusion	Studio 1	Heidi
6:45-7:45pm	0/00	H2O Fit	Lap Pool	Chris

### THURSDAY

5:45-6:45am	00/000	Boot Camp	Track	Jeremy
8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana
9:00-9:45am	00/000	Cycling	Cycle Rm	Tricia
9:00-10:00am	0	Muscle Tone	Studio 2	Dianne
9:00-9:45am	00/000	Anything Goes	Gym	Stacy
10:00-11:00am	0	Qigong/Tai Chi	Studio 2	Ginnette
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi
12:15-1:00pm	00/000	Butts & Guts	Studio 2	Joann
4:15-5:15pm	00/000	Yoga	Studio 2	Carrie
5:30-6:15pm	00/000	Cycling	Cycle Rm	Hannah
7:30-8:30pm	0/00	Kundalini Yoga	Studio 2	Ditteke

### KEY

0 Low Intensity, appropriate for beginners, active older adults.

00 Medium Intensity, provides a moderate level workout

000 High Intensity, provides a vigorous workout for the avid exerciser

### FRIDAY

5:45-6:45am	00/000	Cross Training	Track	Jeremy
9:00-10:00am	00/000	Cardio/Core	Studio 2	Gretchen
9:00-10:00am	00/000	Zumba @	Studio 1	Donna
9:00-9:50am	00/000	Cross Training	Gym	Beth
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
11:00-11:45am	0/00	Beg/Inter Cycling	Cycle Rm	Jocelyn
12:15-1:00pm	00/000	Strength Building	Studio 2	Dave
4:15-5:15pm	0	Yoga for All	Studio 2	Jeannine
5:30-6:30pm	00/000	Cross training	Track	Jeremy
6:00-7:00pm	00/000	The Ultimate Challenge	W.C.	Jeff

### SATURDAY

8:00-8:45am	00/000	Saturday Cycling	Cycle Rm	Carrie
9:00-10:00am	00/000	Boot Camp	Track	Jeremy
9:00-10:00am	00/000	Zumba@	Studio 2	Donna
9:00-10:00am	0/00	Power Sculpt	Studio 1	Joann
10:15-11:15am	0/00	Yoga	Studio 2	Carrie
10:15-11:15am	00/000	Buns & Guns	Studio 1	Joann

### SUNDAY

9:00-10:00am	00/000	Zumba@	Studio 2	Donna/
10:15-11:15am	00/000	Sunday Yoga	Studio 2	Wendy

RESERVATION REQUIRED- CALL OR CLICK KEENEYMCA.ORG

*Classes with this designation are reserved for members only and require a reservation using the Y's online reservation system. Reservations are taken up to, but no further out, than 24 hours in advance. Those without Internet access may contact the Welcome Center at 603.352.6002 for reservations. Space is limited and we do maintain a waitlist. Please arrive promptly to class to avoid losing your reservation. Instructors will take attendance. If you are unable to attend after making your reservation, please be courteous and cancel your reservation, which may be done online or by calling the Welcome Center.*

**ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE!**

## KEENE FAMILY YMCA GROUP EXERCISE DESCRIPTIONS

**Anything Goes** ● You'll never know what our instructors will come up with next. This class is any combination of cardio and strength training. Guaranteed to shake up your routine.

**Aquacise** ● A mellow class, perfect for those new to Water Aerobics and all levels. Taught in shallow water. Class uses body resistance and sometimes hand bells or noodles.

**Balletone** ® ● Build your strength, endurance, and balance to become long and lean. Easy to follow and unique. No prior ballet dance experience needed. All levels welcome.

**Barre Fusion** ● This class gives a new spin to fitness! Fusing Barre ballet with cardio, athletic moves, and body sculpting. Fun unique total body workout for all fitness levels.

**Beginner/Intermediate Cycling** ● This cycling class is for beginners and intermediate cyclists, as a beginner you will learn how to set up your bike for a great cycling experience so please come 5 min early so the instructor can help you get set up.

**Boot Camp** ● A total body cardio and strength workout which includes intervals and circuit training. This is a fast-paced energetic class that can be modified for all levels.

**Buns & Guns** ● In this class we target your glutes, legs, and arms in a circuit style format.

**Buns & Guns** ● In this class we target your glutes, legs, and arms in a cardio circuit style format in just 45 min. If you want a quick but effective workout this class is for you!

**Butts & Guts** ● Burn fat and tone muscle while targeting the core and glute muscles.

**Cardio & Core** ● Strengthen your core with a mix of functional training, Pilates, and Yoga. HIIT intervals using different types of equipment. All levels Welcome!

**Cross Training** ● This is a high intensity class to reach your peak conditioning. You can expect to run, lift, and a lot more. Teen cross training is for 13-19-year-olds.

**Cycling Class** ● A non-impact, high energy cardio ride on stationary bikes, simulating a road bike workout to music. Reserve your spot using the Y's online reservation system

**Deep H<sub>2</sub>O** ● A non-impact, modifiable class for every level taught in the deep end of the lap pool. Float belts will be used for this class

**Functional Movement** ● This class will help you learn to roll, jump, climb, crawl, balance, and get up and down from the floor. REAL world strength training

**H<sub>2</sub>O Fit** ● A fun class for all levels, set to high energy music taught in the shallow water. Body resistance based, though sometimes pool noodles will be used.

**Interval Challenge** ● This is a great class to get you going at noon to pump up your afternoon. Intervals of strength and muscle toning, along with cardio exercises gives you a total body workout.

**Kettlebells** ● This class is a hardcore workout. Challenge yourself, train like a pro by using Kettlebells and your bodyweight. Develop core stabilization, strength, and endurance.

**Kundalini Yoga** ● This Yoga practice is known as the "yoga of awareness". This class follows a specific set of movements called kriyas to balance the body's energy as taught by yogi Bayan. The kriyas work on strengthening the nervous system, balance your glandular system, and purifying and calming the body.

**Mindfulness class** ● This class focuses on relaxing the mind and body. Movements include mild stretching mindful breathing, guided meditations, and being still.

**Muscle Tone** ● This is a low impact total body strength workout with an emphasis on core strength development. All levels welcome.

**Pump It** ● Define yourself! This class offers a total body workout that will target all your major muscle groups.

**Power Sculpt** ● This class focuses on toning you from head to toe. We use a variety of tools that range from hand weights to stability balls. All levels are welcome!

**Qigong/Tai Chi** ● This class offers relaxing movements that promote increased circulation, better balance and a centered, peaceful state of mind.

**Saturday Cycling** ● Come cycling with us on Saturday morning and get a great start to your weekend! All levels welcome.

**Silver Strength** ● Active Older Adults and beginners can have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement to improve daily activity.

**Silver Cardio Circuit** ● Active Older Adults and beginners can have fun and move to the music through a variety of exercises designed to increase your heart rate, give you muscular strength, and improve range of movement all the while having fun!

**Strength Building** ● Using dumbbells and barbells to strengthen your prime movers. Build your muscles up with low rep, high weight exercises.

**Strength & Flex** This class focuses on a combination of strength training and stretching with a blend of TRX and Yoga inspired exercises.

**Strength and Form** ● Strength training using different tools such as barbells, dumbbells, and other weights, while learning proper form.

**Stretch & Stability** ● This class focuses on a combination of balance & stretching with a blend of Pilates and Yoga inspired exercises that build flexibility and strength.

**Strength Circuit** ● This class focuses on strength training in a circuit utilizing different exercises, weights, and equipment.

**Sunday Yoga** ● Intermediate Classic Yoga offered with iyengar precision. Easily move beyond obstacles. Explore your optimum potential deeply and safely, with breath, heart and deep attention. Modifiable for a range of intermediate students, but adventurous.

**The Ultimate Challenge** ● Does your routine sometimes bore you? Why not change it up by doing something different. In our Push, Pull & Carry class you will participate in "Strongman" style events scaled to your level of strength. You'll get strong, improve your conditioning and have fun doing it!

**Tai Chi** ● This class offers relaxing movements that promote increased circulation, better balance, and a centered, peaceful state of mind.

**Total Body Express** ● This class provides a total body workout using cardio and strength training

**TRX® Body Blast** ● Pump, sculpt, strengthen your muscles, and blast away calories! Fun, challenging workout that combines cardio intervals using TRX, free weights and lots of other fitness tools.

**TRX® Strength** ● Half of the class will be in the TRX® and the other half you will be using other equipment. Reserve your spot using the Y's online reservation system.

**Women with Weights** ● Learn to use weight training to reach your fitness goals, build strength for everyday activities and prevent or treat osteoporosis. This class will use kettlebells and dumbbells to increase total body strength.

**Yoga** ● The Y offers a variety of yoga options. Each instructor brings their own style to their class. This class will strengthen, relieve stress and revive your body without the difficulty or strain on your back and knees.

**Yoga Flow** ● This Yoga class is more active flowing poses and fewer static poses

**Yoga For You / All** ● This you class is done in a traditional yoga class format for all levels.

**Zumba** ® ● Come join us as we dance, shake, and sweat our way to health with Latin-inspired rhythms. Zumba® combines high energy with motivating music so you won't even feel like you're exercising. Let yourself loose in this class designed for all fitness levels.