



MONDAY

8:00-8:30am	0 / 00	Anything Goes	FB LIVE	Stacy
9:00-9:30am	00/000	All About Abs	Taped	Ari
10:00-10:30am	0	Silver Strength	FB Live/ Taped	Jenn
2:00-2:30pm	0 / 00	Pilates	FB LIVE	Jenn
4:30-5:30pm	0 / 00	Yoga	ZOOM	Carrie

TUESDAY

8:00-8:30am	0 / 00	Stretch & Stability	ZOOM	Jordana
9:00-10:00am	00 / 000	Total Body Mix	Zoom	Gretchen
10:00-10:30am	0	Silver Cardio Circuit	ZOOM	Joann
5:30-6:00pm	00 / 000	Movement workout	Taped	Dave

WEDNESDAY

8:00-8:30am	00 / 000	Tabata	FB LIVE	Stacy
10:00-10:30am	0	Silver Strength	FB LIVE/ Taped	Jenn
4:15-4:45pm	0 / 00	Yoga for You	ZOOM	Jeannine

THURSDAY

8:00-8:30am	0 / 00	Stretch & Stability	ZOOM	Jordana
9:00-10:00am	0 / 00	Balletone@	ZOOM	Gretchen
10:00-10:30am	0	Silver Mix	FB LIVE/ Taped	Jen
12:15-1:00pm	0 / 00	Butts & Guts	FB LIVE	Joann
4:30-5:30pm	0 / 00	Yoga	ZOOM	Carrie
5:30pm-6:00pm	00 / 000	Movement workout	Taped	Dave

FRIDAY

8:00-8:30am	00 / 000	Interval Challenge	FB LIVE	Stacy
10:00-10:30am	0	Silver Strength	FB LIVE/ Taped	Jenn
4:15-5:15pm	0	Yoga for All	ZOOM	Jeannine

SATURDAY

10:00-11:00am	00 / 000	Yoga	ZOOM	Carrie
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SUNDAY

9:00-9:30am	00 / 000	Zumba	ZOOM	Jasmine
10:00-11:00am	0/000	Yoga	Taped	Ari

KEY

FB LIVE—These classes will be on our group exercise face book live page
ZOOM— These classes are an invite through the zoom app and our Y's website
Taped— These have been recorded ahead of time and can be watched anytime.

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

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.

All About ABS ● This class focuses on your whole core.

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.

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

Movement workout ● This classes format is based on movements like hinge/press day or squat/pull etc.. Examples will be with or without weights.

Interval Challenge ● This is a great class to get you going first thing in the morning! It will help you to pump up the rest of your day..... Intervals of strength and muscle toning, along with cardio exercises gives you a total body workout.

Pilates ● A blend of yoga, tai chi, and Pilates to enhance strength, flexibility, and endurance. Designed for all fitness levels.

Silver Mix ● Active Older Adults and beginners can come mix things up with cardio, strength, balance, and flexibility . Come join the fun.

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!

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.

Tabata ● Prepare to work hard in this class, In this class we will be doing intervals of 20 sec of hard work followed by 10 sec of rest ... Sometimes it will be all cardio or sometimes it might be a mix of cardio and strength.. Come join the Fun!!!

Total Body Mix ● Combines basic Step cardio with lighter weights and resistance equipment. You make it what you want.

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 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.

Keene Family YMCA Virtual Fitness Waiver and Release from Liability

Physical exercise, in all its forms and with or without the use of equipment such as blocks, straps or any other equipment that may be used by an instructor of Keene Family YMCA, is a strenuous physical activity. Accordingly, you are urged and advised to seek the advice of a physician before beginning any physical exercise regimen, routine, program, or using any suggested equipment shown in any of the videos from the Keene Family YMCA. The Keene Family YMCA is not a medical organization and its instructors or staff cannot give you medical advice or diagnosis. All suggestions and comments relating to the use of equipment, poses, moves and instruction are not required to be performed by you and are carried out at your election while viewing Keene Family YMCA videos. Nothing contained herein should be constructed as any form of such medical advice or diagnosis.

By using this content, you represent that you understand that physical exercise involves strenuous physical movement, and that such activity carries the risk of injury whether physical or mental. You understand that it is your responsibility to judge your physical and mental capabilities for such activities. It is your responsibility to ensure that by participating in classes and activities from the Keene Family YMCA, you will not exceed your limits while performing such activity, and you will select the appropriate level of classes for your skills and abilities, as well as for any mental or physical conditions and/or limitations you have. You understand that, from time to time, instructors may suggest physical adjustments or the use of equipment, and it is your sole responsibility to determine if any such suggested adjustment or equipment is appropriate for your level of ability and physical and mental condition. You expressly waive and release any claim that you may have at any time for injury of any kind arising out of your participation in a Keene Family YMCA program or use of a Keene Family YMCA facility against the Keene Family YMCA, or any person or entity involved with the Keene Family YMCA, including without limitation, its directors, principals, instructors, independent contractors, employees, agents, contractors, affiliates and representatives.