



MONDAY

5:45-6:45am	00 / 000	Strength Circuit	Outside	Jeremy
8:45-9:45am	0 / 00	Deep H2O Challenge	Lap pool	Tammi
10:00-11:00am	0 / 00	AEA Arthritis FAP	Teaching pool	Tammi
10:30-11:30am	0 / 00	Gentle Yoga	Studio 2	Chelsea
12:15-1:15pm	0 / 00	Core Yoga Flow	Studio 2	Chelsea
12:15-1:00pm	00 / 000	Anything goes	Track	Dave
4:00-5:00pm	0 / 00	Yoga	Studio 2	Chelsea
5:30-6:30pm	0 / 00	Zumba®	Studio 2	Donna

TUESDAY

5:30-6:30am	00 / 000	Cycling	Cycle Rm	Christine
5:45-6:45am	00 / 000	Cross Training	Outside/Track	Jeremy
9:00-10:00am	00 / 000	Anything goes	Studio 2	Donna
10:00-11:00am	0 / 00	Aquacise	Lap pool	Tammi
12:15-1:00pm	00 / 000	Bun & Guns	Studio 2	Stacy
4:15-5:00pm	00 / 000	Cycling	Cycle Rm	Karen
5:00-5:45pm	00 / 000	Strength&Stretch	Studio 2	Faith

WEDNESDAY

8:45-9:45am	0 / 00	Deep H2O Challenge	Lap pool	Tammi
9:00-10:00am	0	Muscle Tone	Studio 2	Dianne
10:00-11:00am	0 / 00	Arthritis	Teaching pool	Tammi
12:15-1:00pm	00 / 000	Anything goes	Track	Dave
5:15-6:15pm	0 / 00	Zumba®	Studio 2	Donna
5:30-6:30pm	0 / 00	Women With Weights	Track	Wanda

THURSDAY

5:30-6:15am	00 / 000	Power Cycling®	Cycle Rm	Sally
5:45-6:45am	00 / 000	Boot Camp	Outside/Track	Jeremy
9:00-9:45am	00 / 000	Cycling	Cycle Rm	Tricia
10:00-11:00am	0	Qigong/Tai Chi	Studio 2	Ginnette
10:00-11:00am	0 / 00	Aquacise	Lap pool	Tammi
4:30-5:30pm	00 / 000	TRX®	Studio 1	Donna
5:30-6:15pm	00 / 000	Cycling	Cycle Rm	Hannah
5:45-6:45pm	00 / 000	Strong by Zumba®	Studio 2	Tania

FRIDAY

5:45-6:45am	00 / 000	Cross Training	Outside/Track	Jeremy
9:00-9:50am	00 / 000	Cross Training	Gym	Beth
9:15-10:15am	00 / 000	Zumba®	Studio 2	Donna
10:45-11:45am	0	Silver Strength	Studio 2	Jen
12:15-1:00pm	00 / 000	Anything goes	Track	Dave
5:30-6:30pm	00 / 000	Cross training	Outside/Track	Jeremy
5:30-6:30pm	00 / 000	Zumba®	Studio 2	Jasmine

SATURDAY

8:00-8:45am	00 / 000	Cycling	Cycle Rm	Karen
9:00-10:00am	00 / 000	Boot Camp	Outside/Track	Jeremy
9:00-10:00am	00 / 000	Zumba®	Studio 2	Donna
10:30-11:15am	00 / 000	Pound®	Studio 2	Jasmine

SUNDAY Virtual only

RESERVATION REQUIRED- CALL OR CLICK KEENEYMCA.ORG

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

Classes are reserved for members only and require a reservation using MotionVibe online reservation system keenefamilyymca.motionvibe.com. 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.

Incase of inclement weather our outside classes will be offered online. Please check Facebook group page for Zoom

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.

AEA Arthritis FAP ● Arthritis Foundation aquatic Program is a group exercise program that uses a variety of water based exercises to increase physical activity among adults with arthritis and related conditions.

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 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.

Core Yoga Flow ● This class is designed to build awareness around strengthening and stabilizing the core muscles. Expect breath work, light weight & body toning exercises, and balances postures that engage the core. 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 H₂O Challenge ● 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

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

Power Cycling ● This class is a power-based cycling class that uses individual measurement of power output to improve strength, stamina and speed.. Ride profiles tailored specifically to improve performance over time..

Pound Rockout Workout ● This is a calorie-torching full-body cardio jam session. The Pound Rock-out workout fuses cardio, Pilates, Plyometric, Isometric poses and Strength movements to the beat of the music. So come join the fun and jam with us!

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

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

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

Strong by Zumba ● Is a high intensity interval class — think burpees, pushups, and other high-impact moves — that's synced to specific music.

Strength & Stretch ● This class will focus on strengthening your small muscle groups as well as learning what your body needs to relax and reset.

TRX ● Pump, sculpt, strengthen your muscles, and blast away calories! Fun, challenging workout that combines cardio intervals using TRX.

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.

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.