



MONDAY

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|---------------|----------|--------------------|---------------|-----------|
| 5:15-6:00am | 00 / 000 | Power Cycling@ | Gym | Sally |
| 5:45-6:56am | 00 / 000 | Strength training | Outside/track | 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 | Silver Strength | Studio 2 | Katharine |
| 12:15-1:00pm | 00 / 000 | Anything goes | Track | Dave |
| 5:30-6:30pm | 0 / 00 | Zumba@ | Studio 2 | Donna |

TUESDAY

| | | | | |
|---------------|----------|------------------|---------------|-----------|
| 5:15-6:00am | 00 / 000 | Cycling | Gym | Wendi |
| 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 |
| 4:15-5:00pm | 00 / 000 | Cycling | Cycle Rm | Karen |
| 5:15-6:00pm | 00 / 000 | Tabata/Bootcamp | Studio 2 | Katharine |
| 5:00-5:45pm | 00 / 000 | Strength&Stretch | Studio 1 | Faith |

WEDNESDAY

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|---------------|----------|--------------------|---------------------|-----------|
| 8:45-9:45am | 0 / 00 | Deep H2O Challenge | Lap pool | Tammi |
| 9:00-10:00am | 0 | Muscle Tone | Gym | Dianne |
| 10:00-11:00am | 0 / 00 | Arthritis | Teaching pool | Tammi |
| 10:30-11:30am | 0 | Silver Strength | Studio 2 | Katharine |
| 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 | Alternate Weight rm | Wanda |

THURSDAY

| | | | | |
|---------------|----------|------------------|---------------|----------|
| 5:15-6:00am | 00 / 000 | Power Cycling@ | Gym | Sally |
| 5:45-6:45am | 00 / 000 | Boot Camp | Outside/Track | Jeremy |
| 9:15-10:15am | 00 / 000 | MMA Training | Studio 1 | Shane |
| 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

| | | | | |
|---------------|----------|-----------------|---------------|-----------|
| 5:15-6:00am | 00 / 000 | Cycling | Gym | Christine |
| 5:45-6:45am | 00 / 000 | Cross Training | Outside/Track | Jeremy |
| 9:00-10:00am | 00 / 000 | Zumba @ | Gym | Donna |
| 10:30-11:30am | 0 | Silver Strength | Studio 2 | Donna |
| 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 |
| 9:15-10:15am | 00 / 000 | Zumba@ | Studio 1 | Jasmine |
| 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.

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.

MMA Training● Open to all abilities, this class will teach you basic self-defense and martial arts techniques as you flow through an amazing workout. This class will add new life to your exercise routine and you will learn new skills and techniques.

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.

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!!!

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.