



## EARLY MORNING CLASSES

### MONDAY

#### Strength Circuit

Jeremy  
5:45-6:45  
Track

### TUESDAY

#### A.M. Cycling

Sally  
5:15-6  
Cycling Studio

#### Cross Training

Jeremy  
5:45-6:45  
Track

### WEDNESDAY

#### Strength & Form

Dave  
5:45-6:45  
Track

### THURSDAY

#### Boot Camp

Jeremy  
5:45-6:45  
Track

### FRIDAY

#### Cross Training

Jeremy  
5:45-6:45  
Track

## SATURDAY

#### Ultimate Boot Camp

Jeremy  
8-10  
Track

#### Sat. Cycling

Carrie  
8-8:45  
Cycling Studio

#### Zumba

Michelle  
9-10  
Studio 1

#### Pump It!

Ari  
9-10  
Studio 2

#### Buns & Guns

Stacy  
10:15-11:15  
Studio 1

#### Yoga Flow

Ari  
10:15-11:15  
Studio 2

## MID-MORNING CLASSES

#### Deep H<sup>2</sup>O Challenge

Tammi  
9-10  
Lap Pool

#### Strength & Flex TRX

Ari  
9-10  
Studio 1

#### Deep H<sup>2</sup>O Challenge

Tammi  
9-10  
Lap Pool

#### Kripalu Yoga

Audrey  
9-10  
Studio 1

#### Deep Water Power Hour

Jenn  
9-10  
Lap Pool

#### Strong & Flexible

Audrey  
9-10  
Studio 1

#### Body Weight Cardio

Tiffany  
9-10  
Studio 2

#### Ballet Fusion

Gretchen  
9-10  
Studio 1

#### Muscle Tone

Dianne  
9-10  
Studio 2

#### Zumba

Tiffany  
9-10  
Studio 1

#### Total Body Mix

Gretchen  
9-10  
Studio 2

#### Beginner Cycling

Audrey  
9-9:45  
Cycling Studio

#### Boot Camp

Stacy  
9-10  
Studio 2

#### Cycling

Carrie  
9-9:45  
Cycling Studio

#### Low & Lite

Gretchen  
9-10  
Studio 2

#### Cycling

Shae  
9-9:45  
Cycling Studio

#### Cross Training

Peter  
9-10  
Gym

#### Cycling

Christine  
9-10  
Cycling Studio

#### Anything Goes

Jocelyn  
9-10  
W.C. or Gym

#### Cross Training

Dave  
9-10  
W.C. or Gym

#### Aquacise

Tammi  
10-11  
Lap Pool

#### Aquacise

Tammi  
10-11  
Lap Pool

#### TRX Yoga Pilates

Priya  
10:30-11:30  
Studio 1

#### Core & More

Dave  
10:15-11  
Studio 1

#### Yoga Flow

Ari  
10:15-11:15  
Studio 1

#### Beginner Yoga

Ari  
10:30-11:30  
Studio 1

#### Qigong/Tai Chi

Ginette  
10-11  
Studio 2

#### Silver Strength

Gretchen  
10:30-11:30  
Studio 2

#### Silver Cardio Circuit

Jen  
10:30-11:30  
Studio 2

#### Silver Strength

Gretchen  
10:30-11:30  
Studio 2

#### Silver Strength

Gretchen  
10:30-11:30  
Studio 2

Our success depends on your success. Set up your member orientation today!

603-352-6002

New class

Requires reservation

# LUNCH HOUR CLASSES

## MONDAY

### Silver Cycling

Emma  
11-11:45  
Cycling Studio

### Stand, Sit & Be Fit

Gretchen  
11:45-12:30  
Studio 2

### Progressive Body Weight Training

12:15-1  
Dave  
Track

## TUESDAY

### Buns & Guns

Stacy  
12:15-1  
Studio 1

## WEDNESDAY

### Interval Challenge

Beth  
12:15-1:15  
Studio 2

## THURSDAY

### Butts & Gutts

Stacy  
12:15-1  
Studio 1

## FRIDAY

### Silver Cycling

Emma  
11-11:45  
Cycling Studio

### Strength Building

Dave  
12:15-1  
Studio 2

# SUNDAY

### Rip & Ride

Michelle  
8:15-9  
\* Cycling Studio

### Zumba

Donna | Jen  
9:15-10:15  
Studio 1

### Sunday Yoga

Wendy  
10:15-11:15  
Studio 2

# EVENING CLASSES

### Total Body Express

Jocelyn  
4:15-5  
Track

### Tai Chi

Tammi  
1-2  
Studio 2

### Total Body Express

Jocelyn  
4:15-5  
Track

### Yoga Flow

Carrie  
4:15-5:15  
Studio 2

### Mindfulness

Ditteke  
4:15-5:15  
Studio 2

### Family Yoga

Ditteke  
4:15-5:15  
Studio 1

### Yoga

Carrie  
4:15-5:15  
Studio 2

### Yoga For All

Jeannine  
4:15-5:15  
Studio 2

### Cycling

Carrie  
4:15-5  
Cycling Studio

### Yoga for You

Jeannine  
4:15-5:15  
Studio 2

### TRX Body Pump

Heidi  
5:30-6:45  
Studio 1

### Kettlebells, Ropes, & Squats

5:30-6:30  
Dave  
Studio 2

### TRX Body Blast

Heidi  
5:30-6:30  
Studio 1

### SPINtervals

Tricia  
5:30-6:15  
Cycling Studio

### Cross Training

Jeremy | Heidi  
5:30-6:30  
Studio 2

### Zumba

Donna  
5:30-6:30  
Studio 2

### Zumba

Donna  
5:30-6:30  
Studio 2

### Pound

Mary  
5:45-6:30  
Studio 2

### Cycling

Janet  
5:30-6:15  
Cycling Studio

### TRX Strength

Jacob  
5:45-6:45  
Studio 1

### TRX

Jacob  
6:30-7:30  
Studio 1

### H2O Fit

Chris  
6:45-7:45  
Lap Pool

### H2O Fit

Chris  
6:45-7:45  
Lap Pool

### \* New class

 Requires reservation up to 24hrs in advance

Call 603-352-6002 to reserve your spot

\*All classes are subject to change without notice

## CONTACT US

KEENE FAMILY YMCA  
200 Summit Road  
Keene, NH 03431

603-352-6002  
KEENEYMCA.ORG

# CLASS DESCRIPTIONS

**Alignment Yoga: (++)** Intermediate Classical Yoga offered with Iyengar precision. Explore your optimum potential deeply & safely, with breath, heart & mindfulness. \*Modifiable for a range of intermediate students, but still adventurous.

**Aquacise:** A mellow class, perfect for those new to Water Aerobics & all levels. Taught in shallow water. Class uses body resistance, & sometimes handbells or noodles.

**Tai Chi for Arthritis Program: (+)** This program is an ancient practice proven to reduce pain & improve mental & physical well-being. Developed by Dr. Paul Lam using gentle Sun-style Tai Chi routines that are safe, easy to learn & \*suitable for every fitness level.

**Family Yoga: (+)** Expand your child's imagination as they are guided through stories, dance and music into playful Radiant Child yoga poses. Kids learn mindful breathing and how to relax their bodies with conscious discipline skills and yoga activities. \*For ages 4-8+. Younger/Older siblings are welcome.

**Ballet Fusion: (+)** No prior ballet/dance experience needed! Build strength, endurance, balance to become long and lean. \*Easy to follow & unique.

**Body Blend: (+)** A total body workout that combines Strength Training with a blend of Pilates and Yoga. An energetic mind/body experience set to vibrant music. For all levels.

**Boot Camp: (++)/+++)** A good ol' fashion cardio boot camp style class. Sculpt your muscles, flatten your stomach & burn calories while having fun.

**Buns & Guts: (++)/+++)** Target gluts, legs & arms in a focused 45 minute class.

**Butts & Guts: (++)/+++)** Burn fat & tone muscle while targeting your core & gluts.

**Cross Training: (++)/+++):** This is a high intensity class to reach your peak conditioning. Expect to run, lift & a lot more. Teen Cross Training is for ages 13-19.

**Cycling Class: (All)** 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 no-impact, modifiable class for every level taught in the deep end of the Lap Pool. Float belts used.

**H2O Fit: (+)** A fun class for all levels, set to high energy music taught in shallow water. Body resistance based, though sometimes uses pool noodles.

**Interval Challenge: (++)/+++)** Intervals of strength & muscle toning, along with cardio exercises gives you a total body workout. \*Recommended for intermediate or higher fitness levels.

**Kettlebells, Ropes & Squats: (++)/+++)** Challenge yourself & train like a pro by using Kettlebells, ropes & bodyweight. Develops core stabilization, strength & endurance. This class is a hardcore workout.

**Kickboxing: (++)/+++)** Combination class with cardio kickboxing moves, step movements & sculpting with different equipment

**Kripalu Yoga: (+/++)** This yoga class incorporates breathing techniques, yoga philosophy & postures to create a meditative experience.

**Low & Lite: (+)** A low impact cardio class, with lots of light resistance strength work & balance challenges included. \*Perfect for those new to Group Ex classes or those needing to "tone it down" due to chronic injuries or aging joints.

**Mindfulness: (+)** This class focuses on relaxing mind & body. Movements include mild stretching, mindful breathing, guided meditations & being still.

**Pilates: (+/++)** Develop long lean muscles & body awareness while exercising smaller, core muscles that support the bodies large muscle groups. You will feel revived, strong & stretched out. \*Varying degrees of difficulty make this a perfect class for all fitness levels.

**Pump It!: (++)/+++)** Sculpt lean muscle in this weight training class using bar-bells. \*Reservation required.

**Progressive Body Weight: (++)/+++)** Body weight training improves balance, stability, & makes your day-to-day life much more functional. Start with simple movements that build up in complexity as you build strength.

**Powercut: (++)/+++)** A total body workout that targets all your major muscle groups.

**Pound®: (++)/+++)** A calorie-torching full-body cardio jam session. The Pound® workout fuses cardio, Pilates, plyometric, isometric poses & strength movements to the beat of the music.

**Power Hour: (++)/+++)** Not your average step class. This amazing workout includes training for strength, cardio, stability, coordination, & agility using the step.

**Qigong/Tai Chi: (+)** This class offers relaxing movements that promote increased circulation, better balance & a centered, peaceful state of mind.

**Rip & Ride: (+)** Designed for all levels, this upbeat class features interval style exercise while cycling. Boost your cardio while on the bike, and build strength when off.

**Strength Building: (++)/+++)** Use dumbbell & barbells to strengthen your prime movers. Build your muscles up with low rep, high weight exercises.

**Strength & Stretch: (+/++)** Strength training, balance & stretching. All ages are welcome. \*Designed for beginners to intermediate.

**Silver Cycling: (+)** For Active Older Adults looking for a challenge. \*All levels welcome. Reserve your spot using the Y's online reservation system.

**Silver Cardio Circuit: (+)** Improve cardiovascular & muscular endurance-This low-impact aerobic workout is safe, heart-healthy & gentle on your joints.

**Silver Strength: (+)** Active Older Adults can have fun & move to the music through exercises designed to increase muscular strength & range of movement to improve daily activity.

**Stand, Sit, & Be Fit: (+)** A gentle class designed for Active Older Adults, those suffering from chronic conditions, and those who have progressed from physical therapy. Improve balance, strength and range of motion.

**Strength & Stretch:** This class is for you if you are looking to build strength & flexibility. The first 30-35 min features strength training & last 20 min are focused on stretching.

**Strength & Form: (++)/+++)** Strength training while learning proper form in the Wellness Ctr.

**Strength Circuit: (++)/+++)** Build strength, cardio & core using circuits.

**Strong by Zumba®:** (Not a Zumba dance class) This class combines high intensity interval training with the science of Synced Music Motivation. In every class, music & moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

**Strong & Flexible: (++)/+++)** Work on both your strength & flexibility using TRX, free weights, bands and stretching.

**Total Body Express: (++)/+++)** Work your whole body using different formats in just 30 mins.

**Total Body Mix: (++)/+++)** Combines basic Step cardio with lighter weights & resistance equipment. You make it what you want.

**WE OFFER A VARIETY OF CLASSES THAT COMBINE TRX® AND OTHER SPECIALTIES TO PROVIDE YOU WITH A WORK OUT YOU'LL LOVE. RESERVE YOUR SPOT USING THE Y'S ONLINE RESERVATION SYSTEM.**

**TRX®: (++)/+++)** Build, strength, endurance, and flexibility with our new suspension training classes. \*Reservation required.

**TRX® Strength:** Build, strength, endurance, & flexibility with our suspension training class. 50% of the class will be in the TRX® & the other 50% use other equipment. \*Reservation required.

**TRX® Body Pump:** Strengthen, tone, & sculpt your body with this fun suspension training class combined with barbells & dumbbells. Cardio intervals will boost energy & fat burning. You will also be doing cardio using body weight and other tools.

**TRX® Body Blast:** A motivating workout that sculpts & tones using the TRX system to blast fat and boost energy with strength building & cardio blocks.

**Yoga Flow: (++)/+++)** Explore aspects of yoga such as breathing techniques, yoga philosophy & meditation to add to your practice. \*Participants must have basic knowledge of yoga.

**Yoga: (+/++)** Each instructor brings their own style to their class. Classes will strengthen, relieve stress & revive your body without added difficulty or strain on your back & knees.

**Yoga/Pilates: (+/++)** A blend of yoga, Tai Chi, & Pilates to enhance strength, flexibility, & endurance. \*Designed for all fitness levels.

**Zumba®: (++)/+++)** Come join us as we dance, shake & sweat your 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.

# NEW AT THE Y!

## **STAND, SIT, & BE FIT**

This is a gentle class designed for Active Older Adults, those suffering from chronic conditions, and those who have progressed from physical therapy. You can expect to improve your balance, strength, and range of motion. Meets Mondays from 11:45am-12:30pm in Studio 2 with Gretchen.

## **POUND**

We've added a new meeting time for this fun workout! This is a calorie torching full-body cardio jam session perfect for an intermediate to advanced group exercise experience. The Pound workout fuses cardio, Pilates, plyometric, isometric poses & strength movements to the beat of the music. Meets Thursdays from 5:45-6:30pm in Studio 2 with Mary.

## **RIP & RIDE**

Designed for all levels, this upbeat class features interval style exercises while cycling. Boost your cardio while on the bike, and build strength with off-bike exercises. Meets Sundays from 8:15-9am in the Cycling Studio with Michelle. \*Reservation required up to 24 hours in advance.

Coming Winter 2018!

## **SMALLEST WINNER PROGRAM**

Designed and led by our personal training staff, this 12 week competitive program is designed to push both yourself and your team to meet wellness goals. You'll meet twice a week: once as a team for progressive small group workouts, and once for 1-on-1 personal training sessions. Participants will track their improvements with weekly goals and weigh-ins. Improve yourself and make fitness gains with the help and motivation of your team! The team with the most inches/weight lost will be named the Smallest Winner and bring home the glory.

## **COST:**

Members: \$300

Community: \$500

(Individualized training sessions normally valued at \$172 per month)

## **TEAM MEETING TIMES:**

Select one when registering.

T 6-7pm

W 6-7am

F 12-1pm

Sa 8-9am

