



EARLY MORNING CLASSES

MONDAY

Strength Circuit

Jeremy
5:45-6:45
Track

TUESDAY

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 H²O Challenge

Tammi
9-10
Lap Pool

Strength & Flex TRX

Ari
9-10
Studio 1

Deep H²O Challenge

Tammi
9-10
Lap Pool

Yoga Pilates

Ari
9-10
Studio 1

Deep Water Power Hour

Jenn
9-10
Lap Pool

Total Body Mix

Gretchen
9-10
Studio 2

Zumba Strong

Tiffany
9-10
Studio 2

Body Blend

Gretchen
9-10
Studio 1 *

Muscle Tone

Dianne
9-10
Studio 2

Zumba

Tiffany
9-10
Studio 1

Cycling

Shae
9-9:45
Cycling Studio

Beginner Cycling

Audrey
9-9:45
Cycling Studio

Boot Camp

Stacy
9-10
Studio 2

Cycling

Carrie
9-10
Cycling Studio

Low & Lite

Gretchen
9-10
Studio 2

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

Ballet Fusion

Gretchen
10:15-11:15
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

Jen
10:30-11:30
Studio 2

Silver Strength

Gretchen
10:30-11:30
Studio 2

Silver Cardio Circuit

Jocelyn
10:30-11:30
Studio 2

Silver Strength

Gretchen
10:30-11:30
Studio 2

* New class

Requires reservation

LUNCH HOUR CLASSES

MONDAY

Silver Cycling

Emma
11-11:45
Cycling Studio

TUESDAY

Butts & Gutts

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

Progressive Body Weight Training

12:15-1
Dave
Studio 2

Strength Building

Dave
12:15-1
Studio 2

SUNDAY

Zumba

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

Sunday Yoga

Wendy
10:15-11:15
Studio 2

Strength & Form

Dave
11:10-11:40
W.C. or Gym

EVENING CLASSES

Total Body Express

Jocelyn
3:30-4:15
Studio 1

Total Body Express

Jocelyn
3:30-4:15
Studio 1

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

Cross Training

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

Zumba

Donna
5:30-6:30
Studio 2

Zumba

Donna
5:30-6:15
Studio 2

SPINtervals

Tricia
5:30-6:15
Cycling Studio

Cycling

Janet
5:30-6:15
Cycling Studio

TRX Strength

Jacob
5:45-6:45
Studio 1

Pump It!

Jacob
6:30-7:30
Studio 2

TRX

Jacob
6:30-7:30
Studio 1

H2O Fit

Chris
6:45-7:45
Lap Pool

Mindflow Yoga

Wendy
6:45-8
Studio 2

H2O Fit

Chris
6:45-7:45
Lap Pool

Alignment Yoga

Wendy
6:45-8
Studio 2

* 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. Easily move beyond obstacles. 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.

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

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

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.

Core & More: (++)/+++) 45min class. Come work your core & more.

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 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: (++)/+++) This is a great class to get you going. Intervals of strength & muscle toning, along with cardio exercises gives you a total body workout. *Recommended for intermediate or higher fitness levels.

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

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.

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 the mind & body. Movements include mild stretching, mindful breathing, guided meditations & being still.

Pilates: (+/++) Develop long lean muscles & body awareness. You will exercise your 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. Reserve your spot using the Y's online reservation system.

Progressive Body Weight: (++)/+++) Pure 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.

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.

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.

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. Reserve your spot using the Y's online reservation system.

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. Reserve your spot using the Y's online reservation system.

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 postures.

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.