



KEENE FAMILY YMCA

MARCH 2019 Active Older Adults & Beginners

MONDAY					WEDNESDAY					FRIDAY				
9:00-10:00 am	0	Deep H ₂ O	Lap Pool	Tammi	8:00-8:45am	0/00	Yoga	Studio 2	Liz	9:00-10:00am	0/00	Barre Above®	Studio 2	Gretchen
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen	9:00-10:00am	0/00	Deep H ₂ O	Lap Pool	Tammi	9:00-10:00am	0/00	Deep Water Power	Lap pool	Jen
11:45-12:45pm	0	Silver Strength 2	Studio 2	Joann	9:00-10:00am	0/00	Balletone®	Studio 1	Gretchen	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
4:15-5:15pm	0/00	Yoga Flow	Studio 2	Carrie	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen	11:00-11:45am	0	Beginner/intermediate Cycling	Cycle Rm	Jocelyn
5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	4:15-5:15pm	0/00	Yoga for You	Studio 2	Jeannine	4:15-5:15pm	0	Yoga for All	Studio 2	Jeannine
6:45-7:45pm	0/00	H ₂ O Fit	Lap Pool	Chris	5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	SATURDAY 9:00-10:00am 0/00 Power Sculpt Studio 1 Stacy 10:15-11:15am 0/00 Yoga Studio 2 Carrie				
TUESDAY					6:45-7:45pm	0/00	H ₂ O Fit	Lap Pool	Chris					
8:00-8:45 am	0/00	Stretch & Stability	Studio 2	Jordana	THURSDAY					RESERVATION REQUIRED- CALL OR CLICK KEENEYMCA.ORG				
9:00-9:45 am	0	Beginner/intermediate Cycling	Cycle Rm	Jocelyn	8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana					
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi	9:00-9:45am	00	Cycling	Cycle Rm	Carrie					
10:15-11:15am	0/00	Kundalini Yoga	Studio 2	Ditteke	9:00-10:00am	0	Muscle Tone	Studio 2	Dianne					
10:30-11:30am	0	Silver Cardio Circuit	Studio 1	Joanne	10:00-11:00am	0	Qigong/Tai Chi	Studio 2	Ginnette					
4:15-5:15pm	0	Mindfulness	Studio 2	Ditteke	10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi					
					10:15-11:15am	0/00	Gentle Yoga	Studio 1	Ellen					

0 Low Intensity, appropriate for beginners, activeolder adults.

00 Medium Intensity, provides a moderate level workout

This schedule is a guide to help those who might need assistance with choosing a class. Please don't hesitate to ask one of our fitness professionals to assist you in finding a class or classes that might be a good fit to get you going!

Classes with this designation are reserved for members only and require a reservation using the Y's online reservation system. 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.
ALL CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE

KEENE FAMILY YMCA GROUP EXERCISE DESCRIPTIONS

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.

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.

Barre Above ® ● Squats, lunges, and core with balance challenges galore! A total body and low impact work out for all levels. Athletic movements striving for grace and proper body alignment. Strength and lengthen your muscles in unique new fitness trend.

Beginner/Intermediate Cycling ● This cycling class is for beginners and intermediate cyclists, as a beginner you will learn how to set up your bike for a great cycling experience so please come 5 min early so the instructor can help you get set up.

Deep H₂O ● 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

Deep Water Power ● This class will get your heart pumping with tabatas, circuits, and more. Class is taught in the deep water. Float belts will be used for this class. Class is for all levels. Come join the fun!

Gentle Yoga ● This yoga class is for the beginner or for someone who may have limitations.

H₂O Fit ● A fun class for all levels, set to high energy music taught in the shallow water. Body resistance based, though sometimes pool noodles will be used.

Kundalini Yoga ● This Yoga practice is known as the “yoga of awareness”. This class follows a specific set of movements called kriyas to balance the body’s energy as taught by yogi Bayan. The kriyas work on strengthening the nervous system, balance your glandular system, and purifying and calming the body.

Mindfulness class ● This class focuses on relaxing the mind and body. Movements include mild stretching mindful breathing, guided meditations, and being still.

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

Power Sculpt● This class focuses on toning you from head to toe. We use a variety of tools that range from hand weights to stability balls. All levels are welcome!

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

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!

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 Strength 2 ● At a lower intensity level than Silver Strength, this class for Active Older Adults and beginners moves through a variety of exercises designed to increase muscular strength and range of movement to improve daily activity.

Strength & Flex This class focuses on a combination of strength training and stretching with a blend of TRX and Yoga inspired exercises.

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.

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

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 Flow ● This Yoga class is more active flowing poses and fewer static poses

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.