



# KEENE FAMILY YMCA

## DECEMBER 2018 GROUP EXERCISE SCHEDULE

### MONDAY

5:45-6:45am	00/000	Strength Circuit	W.C.	Jeremy
8:00-8:45am	00/000	Cycling	Cycle Rm	Jordana
9:00-10:00am	00/000	Total Body Mix	Studio 2	Gretchen
9:00-10:00am	0/00	Stretch & Flex	Studio 1	Ari
9:00-10:00am	0	Deep H2o	Lap Pool	Tammi
10:15-11:15am	0/00	Yoga	Studio 1	Ari
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
11:45-12:45pm	0	Silver Strength 2	Studio 2	Joanne
12:15-1:00pm	00/000	Functional Movement	Track	Dave
4:15-5:00pm	00/000	Total Body Ex	Studio 1	Jocelyn
4:15-5:15pm		Yoga Flow	Studio 2	Carrie
5:30-6:45pm	00/000	TRX® Body Pump	Studio 1	Heidi
5:30-6:30pm	0/00	Zumba®	Studio 2	Donna
5:30-6:15pm	00/000	Cycling	Cycle Rm	Janet
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris

### TUESDAY

5:15-6:00am	00/000	Cycling	Cycle Rm	Sally
5:45-6:45am	00/000	Cross Training	Track	Jeremy
8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana
9:00-9:45am	0/00	Beg/Inter Cycling	Cycle Rm	Jocelyn
9:00-10:00am	00/000	TRX Cross Training	Gym	Peter
9:15-10:00am	00/000	Pound®	Studio 2	Stacy
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi
10:15-11:15am	0/00	Kundalini Yoga	Studio 2	Ditteke
12:15-1:00pm	00/000	Buns & Guns	Studio 2	Stacy
1:15-2:15pm	0	Tai chi	Studio 2	Tammi
4:15-5:00pm	00/000	Cycling	Cycle Rm	Carrie
4:15-5:15pm	0	Mindfulness	Studio 2	Ditteke
5:30-6:30pm	00/000	Kettlebells	Studio 2	Dave
5:30-6:30pm	00/000	TRX Combo	Studio 1	Jenn
6:45-7:45pm	0/00	Aqua Zumba®	Pool	Jenn

### WEDNESDAY

5:45-6:45am	00/000	Strength & Form	Track	Dave
8:00-8:55am	0/00	Yoga/Pilates	Studio 2	Jordana
9:15-10:00am	00/000	Boot Camp	Studio 2	Stacy
9:00-10:00am	0/00	Deep H2o	Lap Pool	Tammi
9:00-10:00am	0/00	Balletone®	Studio 1	Gretchen
9:00-10:00am	000	Extreme Cycling	Cycle Rm	Christine
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
12:15-1:15pm	00/000	Interval Chal.	Track	Dave
4:15-5:00pm	00/000	Total Body Ex	Track	Jocelyn
4:15-5:15pm	0/00	Yoga for You	Studio 2	Jeannine
5:30-6:30pm	0/00	Zumba®	Studio 2	Donna
5:30-6:30pm	00/000	TRX® Body Blast	Studio 1	Heidi
5:30-6:15pm	00/000	Cycling	Cycle Rm	Tricia
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris

### THURSDAY

5:15-6:00am	00/000	Cycling	Cycle Rm	Sally
5:45-6:45am	00/000	Boot Camp	Studio 2	Jeremy
8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana
9:00-9:45am	000	Cycling	Cycle Rm	Carrie
9:00-10:00am	0	Muscle Tone	Studio 2	Dianne
9:00-10:00am	00/000	Anything Goes	Gym	Peter
10:00-11:00am	0	Qigong/Tai Chi	Studio 2	Ginnette
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi
10:15-11:15am	0/00	Gentle Yoga	Studio 1	Ellen
12:15-1:00pm	00/000	Butts & Guts	Studio 2	Stacy
4:15-5:15pm	00/000	Yoga	Studio 2	Carrie
5:30-6:30pm	00/000	Strength/Cardio	Studio 1	Jenn

### 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

### FRIDAY

5:45-6:45am	00/000	Cross Training	Track	Jeremy
9:00-10:00am	0/00	Barre Above®	Studio 2	Gretchen
9:00-10:00am	00/000	Zumba®	Studio 1	Donna
9:00-10:00am	00/000	Cross Training	Gym	Beth
9:00-10:00am	0/00	Water Power	Lap pool	Jen
9:00-9:45am	000	Extreme Cycling	Cycle Rm	Christine
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
11:00-11:45am	0/00	Beg/Inter Cycling	Cycle Rm	Jocelyn
11:30-12:15pm	0	Stroller Fit	Track	Tiffany
12:15-1:00pm	00/000	Strength Building	Studio 2	Dave
4:15-5:15pm	0	Yoga for All	Studio 2	Jeannine
5:30-6:30pm	00/000	Cross training	Studio 2	Jeremy

### SATURDAY

8:00-8:45am	00/000	Saturday Cycling	Cycle Rm	Carrie
8:00-10:00am	00/000	Ultimate Boot Camp	Track	Jeremy
9:00-10:00am	00/000	Zumba®	Studio 2	Michelle
9:00-10:00am	0/00	Power Sculpt	Studio 1	Stacy
10:15-11:15am	0/00	Yoga	Studio 2	Carrie
10:15-11:15am	00/000	Buns & Guns	Studio 1	Stacy

### SUNDAY

8:15-9:00am	00/000	Rip & Ride	Cycle Rm	Michelle
9:00-10:00am	0/00	Zumba®	Studio 2	Donna/Michelle
10:15-11:15am	00/000	Sunday Yoga	Studio 2	Wendy

RESERVATION REQUIRED- CALL OR CLICK KEENEYMCA.ORG

*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 NO-**

## KEENE FAMILY YMCA GROUP EXERCISE DESCRIPTIONS

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

**Anything Goes** ● You'll never know what our instructors will come up with next. This class is any combination of cardio & strength training. Guaranteed to shake up your routine.

**Aqua Zumba**● This class takes the music beats for dancing exercises and integrates them in a water-based workout . Aqua Zumba keeps the Zumba fitness workout party going in the pool.. Come join the party. All levels Welcome

**Balletone ®** ● No prior ballet dance experience needed! Build your strength, endurance, balance to become long and lean. Easy to follow and unique. All levels welcome.

**Boot Camp** ● A good ol' fashion cardio boot camp style class that will sculpt your muscles, flatten your stomach and burn calories while having fun. This class is for all fitness levels.

**Butts & Guts** ● Burn fat and tone muscle while targeting the core and gluts muscles.

**Buns & Guns** ● In this class we target your gluts , legs and arms in a circuit style format.

**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.

**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 to 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** ● 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 and much more... class is for all levels . Come join the Fun!

**Extreme Cycling**● this class is not for the beginner! In this class you will be pushing your heart rate as you cycle your way through intense intervals , So if you are looking for a heart ponding make you sweat kind of cycling class , then this class is for you.

**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.

**Interval Challenge** ● This is a great class to get you going at noon to pump up your afternoon. Intervals of strength and muscle toning, along with cardio exercises gives you a total body workout. This class is recommended for intermediate or higher fitness levels.

**Kettlebells**● This class is a hardcore workout. Challenge yourself and train like a pro by using Kettlebells and your bodyweight. Develop core stabilization, strength and endurance.

**Kundalini** ● This Yoga practice is know as the "yoga of awareness" This Yoga 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 the body 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.

**Pump It!** ● Sculpt lean muscle in this weight training class using bar-bells. Reserve your spot using the Y's online reservation system. **Pump It & More**– Same as the pump it but with cardio intervals

**Progressive Body Weight** ● Pure body weight training that will improve your balance, your stability muscles, and make your day to day life much more functional. Start with simple movements that build up in complexity as you build up strength.

**Pound Rockout Workout**● This is a calorie-torching full-body cardio jam session. The Pound Rockout workout fuses cardio, Pilates, Plyometric, Isometric poses and Strength movements to the beat of the music . You will use drumsticks provided by us in this class So come join the fun and jam with us!

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

**Rip & Ride** ● This class will add a variety to your everyday indoor cycling class .You will be doing a total body circuit workout with combinations between strength ,cardio and core . We will be using the bikes for your cardio portion and coming off the bikes for your strength & core .Please NO CLIP IN SHOES

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

**Strength Building**● Using dumbbell and barbells to strengthen your prime movers. Build your muscles up with low rep , high weight exercises

**Silver Cycling** ● This class would be for Active Older Adults who are 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 and gentle on your joints.

**Silver Strength** ● Active Older Adults can have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement to improve daily activity

**Strength and Form** ● Strength training in the wellness center while learning proper form .

**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.

**Sunday Yoga** ● Intermediate Classical Yoga offered with Iyengar precision. Easily move beyond obstacles. Explore your optimum potential deeply & safely, with breath, heart and deep attention. Modifiable for a range of intermediate students, but adventurous.

**Stroller Fit** This class is for all those new moms and dads that want to get fit with their stroller aged children. You will use both stroller and child as a part of your Cardio, Strength and Core workout. So come and Stroll with us for a healthier you!

**Strong by Zumba®** combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**Tai Chi for Arthritis** ● This class is an ancient practice proven to reduce pain & improve mental & physical well-being, it's safe and easy to learn & suitable for all levels

**Total body Express** ● In this class you will work your whole body using different formats in just 45 min.

**Total Body Mix** ● Combines basic Step cardio with lighter weights and 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. Try Gentle TRX® Yoga Stretch or TRX® Yoga/Pilates Fusion.** 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, and flexibility with our new suspension training class. 50% of the class will be in the TRX® and the other 50% you will be using other equipment. Reserve your spot using the Y's online reservation system.

**TRX ® Body Pump** ●Build, strength, endurance, and flexibility with our suspension training . You will also be doing cardio using body weight and other tools

**TRX ® Body Blast**●strength training class using the TRX straps and hand weights in your circuits.

**TRX Cardio Combo**● This class format is timed intervals using a combinations of TRX strength training & Cardio moves .

**Yoga Flow**● In this class you will need to have basic knowledge of yoga postures , while you explore other aspects of yoga practices such as breathing techniques, yoga philosophy and meditation.

**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 -Pilates** ● A blend of yoga, tai chi, and Pilates to enhance strength, flexibility, and endurance. Designed for all fitness levels.

**Zumba ®** ● Come join us as we dance, shake and 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.