



KEENE FAMILY YMCA

SEPTEMBER 2018 GROUP EXERCISE SCHEDULE

MONDAY

5:45-6:45 am	00 / 000	Strength Circuit	W.C.	Jeremy
9:00-10:00am	00 / 000	Total Body Mix	Studio 2	Gretchen
9:00-9:45am	00 / 000	Cycling	Cycle Rm	Shae
9:00-10:00 am	0 / 00	TRX Stretch & Flex	Studio 1	Ari
9:00-10:00 am	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
12:15-1:00pm	00 / 000	P.B.W.T	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
6:45-7:45pm	0 / 00	H2o Fit	Lap Pool	Chris
TUESDAY				
5:45-6:45am	00 / 000	Cross Training	Track	Jeremy
8:00-8:45 am	0 / 00	Stretch & Stability	Studio 2	Jordana
9:00-9:45 am	0 / 00	Beginner Intermediate Cycling	Cycle Rm	Audrey
9:00-10:00am	00 / 000	TRX Cross Training	Gym	Peter
10:00-11:00am	0 / 00	Aquacise	Lap Pool	Tammi
10:15-11:15	0 / 00	Yoga	Studio 2	Audrey
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 & Squats Oh My!	Studio 2	Dave
5:30-6:30pm	00 / 000	TRX cardio 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	Marj
9:00-10:00am	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	00 / 000	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
6:45-7:45pm	00 / 000	Pump It	Studio 2	Jacob
6:45-7:45pm	0 / 00	H2o Fit	Lap Pool	Chris

THURSDAY

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	00 / 000	Cycling	Cycle Rm	Sally
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 & Gutts	Studio 2	Stacy
4:15-5:15pm	00 / 000	Yoga	Studio 2	Carrie
5:30-6:15pm	00 / 000	Cycling	Cycle Rm	Tricia
6:30-7:30pm	00 / 000	TRX®	Studio 1	Jacob

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 e

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	Deep Water Power	Lap pool	Jen
10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
11:00-11:45am	0 / 00	Beginner Intermediate Cycling	Cycle Rm	Jocelyn
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/ Heidi

SATURDAY

8:00-8:45am	00 / 000	Saturday Cycling	Cycle Rm	Carrie
8:00-8:45am	0 / 00	Pound®	Studio 2	Stacy
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

9:00-10:00am	0 / 00	Zumba®	Studio 2	Donna/Jenn
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 NOTICE

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

Family Yoga● Expand your child's imagination as they get guided through stories, dance and music into playful Radiant Child yoga poses. Kids will learn mindful breathing and how to relax their bodies with conscious discipline skills and yoga activities. Ages 4-8, older or younger siblings are 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!

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& Squats Oh My ● 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.

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 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.

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.

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.