



KEENE FAMILY YMCA

JANUARY 2019 Active Older Adults & Beginners

MONDAY					WEDNESDAY					FRIDAY				
9:00-10:00 am	0	Deep H2o	Lap Pool	Tammi	8:00-8:45am	0/00	Yoga	Studio 2	Carrie	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 H2o	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
1:15-2:15	0	Beginner Yoga	Studio 2	Ari	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen	11:00-11:45am	0	Beginner/intermediate Cycling	Cycle Rm	Jocelyn
4:15-5:15pm	0/00	Yoga Flow	Studio 2	Carrie	4:15-5:15pm	0/00	Yoga for You	Studio 2	Jeannine	4:15-5:15pm	0	Yoga for All	Studio 2	Jeannine
5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	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				
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris	6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris					
TUESDAY					THURSDAY									
8:00-8:45 am	0/00	Stretch & Stability	Studio 2	Jordana	8:00-8:45am	0/00	Stretch & Stability	Studio 2	Jordana					
9:00-9:45 am	0	Beginner/intermediate Cycling	Cycle Rm	Audrey	9:00-9:45am	00/000	Cycling	Cycle Rm	Carrie	RESERVATION REQUIRED- CALL OR CLICK KEEN-EYMCA.ORG				
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi	9:00-10:00am	0	Muscle Tone	Studio 2	Dianne					
10:15-11:15	0/00	Kundalini Yoga	Studio 2	Ditteke	10:00-11:00am	0	Qigong/Tai Chi	Studio 2	Ginnette					
1:15-2:15pm	0	Tai Chi	Studio 2	Tammi	10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi					
4:15-5:15pm	0	Mindfulness	Studio 2	Ditteke	10:15-11:15am	0/00	Gentle Yoga	Studio 1	Ellen					
6:45-7:45pm		Aqua Zumba®	pool	Jenn										

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 & all levels. Taught in shallow water. Class uses body resistance & sometimes hand bells or noodles .

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.

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 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.

Kundalini Yoga● 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.

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!

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!

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

Strength & Stretch● Strength training, balance & stretching . All ages are welcome. This class is designed for beginners to intermediate .

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

Silver Strength 2 ● This class is designed to be less intense then Silver Strength, The format will still be the same but more gentle

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 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

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 For All●This yoga class is great for all levels

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.