



KEENE FAMILY YMCA

JULY 2018 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/Pilates	Studio 2	Marj	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
4:15-5:15pm	0/00	Yoga Flow	Studio 2	Carrie	9:00-10:00am	0/00	Balletone®	Studio 1	Gretchen	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen
5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen	11:00-11:45am	0	Silver Cycling	Cycle Rm	Emma
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris	4:15-5:15pm	0/00	Yoga for You	Studio 2	Jeannine	4:15-5:15pm	0	Yoga for All	Studio 2	Jeannine
TUESDAY					THURSDAY					SATURDAY				
8:00-8:45 am	0/00	Build & Burn	Studio 2	Jordana	4:15-5:15pm	0	Family Yoga	Studio 1	Ditteke	8:00-8:45am	0/00	Pound ®	Studio 2	Stacy
9:00-9:45 am	0	Beginner/intermediate Cycling	Cycle Rm	Audrey	5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	9:00-10:00am	0/00	Power Sculpt	Studio 1	Stacy
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi	6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris	9:30-10:30am	0/00	Zumba®	Studio 1	Donna/Jenn
10:15-11:15	0/00	Yoga	Studio 2	Audrey	8:00-8:45am	0/00	Build & Burn	Studio 2	Jordana	RESERVATION REQUIRED- CALL OR CLICK KEEN-EYMCA.ORG				
4:15-5:15pm	0	Mindfulness	Studio 2	Ditteke	9:00-9:45am	00/000	Cycling	Cycle Rm	Carrie					
					9:00-10:00am	0	Muscle Tone	Studio 2	Dianne					
					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					

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 started.

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

Alignment Mindflow 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.

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.

Foundation Tai Chi for Arthritis Program ● This program is an ancient practice proven to reduce pain and improve your mental & physical well-being. Developed by Dr. Paul Lam using gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level.

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.

Ballet Fusion ● 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 & Bosu 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. Bosu Boot camp will only be 30 mins

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

BodyShred @ ● This 30 min class will targets your whole body with moves that are designed to hit multiple muscles simultaneously. You will be training your whole body using bodyweight and resistance.

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

Core & More ● 45min class. Come work your core and a lot more. Intermediate to advanced level.

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

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.

Kickboxing ● Combination class with cardio kickboxing moves, step movements and sculpting with different equipment

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

Low & Lite ● A low impact cardio class with lots of light resistance strength work and balance challenges included. A great place to start if you've never tried a group x class or if you love exercise classes but need to "tone it down" a bit due to chronic injuries or aging joints.

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

Pilates & Ball Pilates & Powerful Pilates ● Develop long lean muscles and body awareness. You will exercise your smaller, core muscles that support the bodies large muscle groups. You will feel revived, strong and 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. **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.

Powercut ● Define yourself! This class offers a total body workout that will target all your major muscle groups.

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. So come join the fun and jam with us!

Power Hour ● Not your average step class. In this class you will get an amazing workout that 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 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

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

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

Step, Sweat and Sculpt ● This class mixes higher intensity cardio with lower intensity weight training using a STEP and light hand held weights. A great workout for maximizing fat loss.

Strength & Stretch ● This class is for you if you are looking to get stronger AND more flexible. The first 30-35 min will be strength training and last 20 min will be focused on stretching..

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

Strength circuit ● This class will have a combo of strength, Cardio and 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 and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster.

Total body Express ● In this class you will work your whole body using different formats in just 30 mins

Total Body Mix ● Combines basic Step cardio with lighter weights and resistance equipment. You make it what you want.

Train & Travel ● Destination Rides combined with Cardio, Strength and Endurance

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 @ on and off ● strength training class using the TRX straps and hand weights.

TRX @ Cardio mix ● Build, strength, endurance, and flexibility with our suspension training. You will also be doing cardio using body weight and other tools

TRX @ Circuit Mix ● strength training class using the TRX straps and hand weights in your circuits.

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.

Zumba @ Tone ● This Zumba@ class you will use toning sticks as you dance and sweat.