



# KEENE FAMILY YMCA

## JUNE 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	10:30-11:15am	0	Cycling 101	Cycle Rm	Stacy	11:00-11:45am	0	Silver Cycling	Cycle Rm	Emma
6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris	10:30-11:30am	0	Silver Strength	Studio 2	Gretchen	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	0/00	Yoga for You	Studio 2	Jeannine	8:00-8:45am	0/00	Pound ®	Studio 2	Stacy
9:00-9:45 am	0	Beginner/intermediate Cycling	Cycle Rm	Audrey	4:15-5:15pm	0	Family Yoga	Studio 1	Ditteke	9:00-10:00am	0/00	Power Sculpt	Studio 1	Stacy
10:00-11:00am	0/00	Aquacise	Lap Pool	Tammi	5:30-6:30pm	0/00	Zumba®	Studio 2	Donna	9:30-10:30am	0/00	Zumba®	Studio 1	Donna/Jenn
10:15-11:15	0/00	Yoga	Studio 1	Audrey	6:45-7:45pm	0/00	H2o Fit	Lap Pool	Chris	RESERVATION REQUIRED- CALL OR CLICK KEEN-EYMCA.ORG				
1:00-2:00pm	0	Tai Chi	Studio 2	Tammi	8:00-8:45am	0/00	Build & Burn	Studio 2	Jordana					
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

**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.

**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.

**Build and Burn●** This class will help build your muscles as you strengthen your whole body.

**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, H2o Fit, Aquacise and Deep water Power●** Come join the fun and splash around in one of our pools while you get a great workout! These classes are all Zero impact, you will work your core and much more!

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

**Muscle Tone●** Come join in the fun and tone up from your head to toes with a number of different tools, body bars, hand weights, bosu ball ,stability balls bands and much more..

**Pound Rock out 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 & 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

**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.