



Keene Family YMCA Group Exercise Class Schedule **FEBRUARY 2024**

| | Class | Time | Intensity | Instructor | Location |
|------------------|---------------------------------------|-------------------|------------------|-------------------|-----------------|
| MONDAY | Power Cycling | 5:15-6:00 am | Moderate/High | Sally/Wendi | Cycling Studio |
| | Strength Circuit | 5:45-6:45 am | Moderate/High | Jeremy | Track |
| | Cycling | 8:00-8:45 am | Low/Moderate | Aileen | Cycling Studio |
| | Deep H2o Challenge | 8:45-9:45 am | Low/Moderate | Tammi | Lap Pool |
| | Pilates | 9:00-10:00 am | Low/Moderate | Jenn | Studio 2 |
| | TRX® + Cardio | 9:00-10:00 am | Low/Moderate | Bridget | Studio 1 |
| | Arthritis Foundation Aquatics Program | 10:00-11:00 am | Low/Moderate | Tammi | Teaching Pool |
| | Aqua Board Flow | 10:15-11:00 am | Low/Moderate | Donna | Lap Pool |
| | Fit and Active | 10:15-11:15 am | Low | Aileen | Studio 2 |
| | Chair Yoga | 11:30 am-12:15 pm | Low | Donna | Studio 2 |
| | Pat's Power Hour | 12:15-1:15 pm | Moderate/High | Patricia | Track |
| | Yoga | 4:00-5:00 pm | Low/Moderate | Carrie | Studio 2 |
| | Zumba® | 5:30-6:30 pm | Low/Moderate | Donna | Studio 2 |
| | Pump It! | 5:30-6:30 pm | Moderate/High | Larry | Studio 1 |
| TUESDAY | Cross Training | 5:45-6:45 am | Moderate/High | Jeremy | Track |
| | Yoga | 8:00-9:00 am | Low/Moderate | Lynn | Studio 1 |
| | Anything Goes | 9:00-10:00 am | Moderate/High | Donna | Studio 2 |
| | Aqua Bike & Box | 9:00-9:45 am | Low/Moderate | Larry | Lap Pool |
| | Aquacise | 10:00-11:00 am | Low/Moderate | Tammi | Lap Pool |
| | Core 360 | 10:15-11:15 am | Moderate/High | Lynn | Studio 2 |
| | Arthritis Foundation Aquatics Program | 11:15 am-12:15 pm | Low/Moderate | Tammi | Teaching Pool |
| | Cycling | 4:15-5:15 pm | Moderate/High | Karen | Cycling Studio |
| | Cardio/Strength | 5:00-6:00 pm | Moderate/High | Bridget | Studio 2 |
| | Gentle Yoga | 7:00-8:00 pm | Low/Moderate | Lauri | Studio 2 |
| WEDNESDAY | Cycling | 5:15-6:00 am | Moderate/High | Kate | Cycling Studio |
| | Strength & Stretch | 6:00-7:00 am | Moderate/High | Wendi | Studio 2 |
| | Deep H2o Challenge | 8:45-9:45 am | Low/Moderate | Tammi | Lap Pool |
| | Muscle Tone | 9:00-10:00 am | Low/Moderate | Diane | Studio 2 |
| | TRX® + Core | 9:00-10:00 am | Low/Moderate | Bridget | Studio 1 |
| | Arthritis Foundation Aquatics Program | 10:00-11:00 am | Low/Moderate | Tammi | Teaching Pool |
| | Fit and Active / Yoga | 10:15-11:15 am | Low/Moderate | Lynn | Studio 2 |
| | Chair Yoga | 11:30 am-12:15 pm | Low | Donna | Studio 2 |
| | Anything Goes | 12:15-1:00 pm | Moderate/High | Andy | Track |
| | Yoga for You/All | 4:15-5:15 pm | Low/Moderate | Carrie | Studio 2 |
| | Zumba® | 5:30-6:30 pm | Low/Moderate | Donna | Studio 2 |
| | Women with Weights | 5:30-6:30 pm | Moderate/High | Wanda | Track |

Registration is required up to 24 hours in advance through the Y mobile app or online at <https://keenefamilyymca.motionvibe.com>.
 This schedule is subject to change without notice.



Keene Family YMCA Group Exercise Class Schedule **FEBRUARY 2024**

| | Class | Time | Intensity | Instructor | Location |
|-----------------|---------------------------------------|-------------------|---------------|--------------|----------------|
| THURSDAY | Boot Camp | 5:45-6:45 am | Moderate/High | Jeremy | Track |
| | Cardio/Strength | 9:00-10:00 am | Moderate/High | Bridget | Studio 2 |
| | Cycling | 9:00-10:00 am | Low/Moderate | Tricia | Cycling Studio |
| | Qigong / Tai Chi | 10:15-11:15 am | Low | Ginnette | Studio 2 |
| | Aquacise | 10:00-11:00 am | Low/Moderate | Tammi | Lap Pool |
| | Senior Circuit | 11:00-11:45 am | Low | Andy | Wellness |
| | Arthritis Foundation Aquatics Program | 11:15 am-12:15 pm | Low/Moderate | Tammi | Teaching Pool |
| | Pilates | 12:00-1:00 pm | Low/Moderate | Bridget | Studio 2 |
| | Yoga | 4:00-5:00 pm | Low/Moderate | Carrie | Studio 2 |
| | TRX® | 4:30-5:30 pm | Moderate/High | Donna | Studio 1 |
| | Zumbini™ | 5:15-5:50 pm | Low | Zoe | Studio 2 |
| | Cycling | 5:30-6:15 pm | Moderate/High | Hannah | Cycling Studio |
| FRIDAY | Cross Training | 5:45-6:45 am | Moderate/High | Jeremy | Track |
| | Dance Fitness (begins 2/9) | 6:00-7:00 am | Moderate/High | Lisa | Studio 2 |
| | Strength Circuit | 8:00-8:45 am | Moderate/High | Aileen | Studio 2 |
| | Deep Water Power | 8:45-9:45 am | Moderate/High | Jenn | Lap Pool |
| | Pump It! | 9:00-10:00 am | Moderate/High | Bridget | Studio 1 |
| | Cycling | 9:00-9:45 am | Moderate/High | Aileen | Cycling Studio |
| | Zumba® | 9:00-10:00 am | Moderate/High | Donna | Studio 2 |
| | Aqua Strike | 10:00-10:45 am | Moderate/High | Laurie | Lap Pool |
| | Fit and Active | 10:15-11:15 am | Low | Donna | Studio 2 |
| | Yoga | 12:00-1:00 pm | Low/Moderate | Lynn | Studio 2 |
| | Anything Goes | 12:15-1:00 pm | Moderate/High | Dave | Track |
| | Cross Training | 5:30-6:30 pm | Moderate/High | Jeremy | Track |
| | Hip Hop / Zumba® (altnerates *) | 5:30-6:30 pm | Moderate/High | Jessica/Kate | Studio 2 |
| SATURDAY | Cycling | 8:00-8:45 am | Moderate/High | Karen | Cycling Studio |
| | Boot Camp | 9:00-10:00 am | Moderate/High | Jeremy | Track |
| | Zumba® | 9:00-10:00 am | Moderate/High | Donna | Studio 2 |
| | Yoga Sculpt | 9:15-10:15 am | Moderate/High | Lynn | Studio 1 |
| | Yoga | 10:30-11:30 am | Low/Moderate | Carrie | Studio 2 |
| SUNDAY | Zumba® | 9:00-10:00 am | Low/Moderate | Donna/Elisha | Studio 2 |
| | Cycling | 9:00-9:45 am | Moderate/High | Kate | Cycling Studio |
| | Liquid Gym Party | 10:15-11:00 am | Low/Moderate | Jenn | Lap Pool |
| | Yoga | 10:30-11:30 am | Low/Moderate | Staff | Studio 2 |

* Friday 5:30 pm alternates. 1st and 3rd Fridays are Hip Hop, 2nd and 4th are Zumba!