



## Keene Family YMCA Group Exercise Class Schedule MARCH 2024

	Class	Time	Intensity	Instructor	Location
<b>MONDAY</b>	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
	Aqua Bike & Box	7:00-7:45 pm	Low/Moderate	Larry	Lap Pool
<b>TUESDAY</b>	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
	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	Sue	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
<b>WEDNESDAY</b>	Cycling	5:15-6:00 am	Moderate/High	Kate	Cycling Studio
	Strength & Stretch	6:00-7:00 am	Moderate/High	Lisa	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	Dave	Track
	Yoga	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.  
 This schedule is subject to change without notice.



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	Class	Time	Intensity	Instructor	Location
<b>THURSDAY</b>	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	Sue	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
<b>FRIDAY</b>	Cross Training	5:45-6:45 am	Moderate/High	Jeremy	Track
	Dance Fitness	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® (alternates *)	5:30-6:30 pm	Moderate/High	Jessica/Kate	Studio 2
<b>SATURDAY</b>	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
<b>SUNDAY</b>	Zumba® / Hip Hop (alternates **)	9:00-10:00 am	Low/Moderate	Donna/Jessica	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!

\*\* Sunday 10:30 am alternates. 1st and 3rd Fridays are Zumba, 2nd and 4th are Hip Hop!

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