



Keene Family YMCA Group Exercise Class Schedule NOVEMBER 2024

	Class	Time	Intensity	Instructor	Location
MONDAY	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	Moderate/High	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 S.	Lap Pool
	Fit and Active	10:15-11:15 am	Low	Aileen	Studio 2
	Chair Yoga	11:30 am-12:15 pm	Low	Donna S.	Studio 2
	Anything Goes	12:15-1:00 pm	Moderate/High	Dave	Track
	Yoga	4:00-5:00 pm	Low/Moderate	Carrie	Studio 2
	Zumba®	5:30-6:30 pm	Low/Moderate	Donna H.	Studio 2
	Pump It!	5:30-6:30 pm	Moderate/High	Bridget	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
	Aqua Cycle	8:45-9:30 am	Low/Moderate	Jenn	Lap Pool
	Anything Goes	9:00-10:00 am	Moderate/High	Donna H.	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	Tricia	Cycling Studio
	Cardio/Strength	5:00-6:00 pm	Moderate/High	Bridget	Studio 2
	Build & Burn	6:00-6:45 pm	Moderate/High	Kathy	Studio 1
	Gentle Yoga	7:00-8:00 pm	Low/Moderate	Lauri	Studio 2
	WEDNESDAY	Cycling	5:15-6:00 am	Moderate/High	Kate
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	Moderate/High	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 S.	Studio 2
Anything Goes		12:15-1:00 pm	Moderate/High	Dave	Track
Reset Stretch + Balance		4:15-5:15 pm	Low/Moderate	Patricia	Studio 2
Zumba®		5:30-6:30 pm	Low/Moderate	Donna H.	Studio 2
Women with Weights		5:30-6:30 pm	Moderate/High	Wanda	Track/Wellness

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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	Aileen	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	11:15 am-12:00 pm	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 H.	Studio 1
	Zumbini™	5:15-5:50 pm	Low	Zoe	Studio 2
	Cycling	5:30-6:15 pm	Moderate/High	Hannah	Cycling Studio
	Build & Burn	6:00-6:45 pm	Moderate/High	Kathy	Studio 1
	FRIDAY	Cross Training	5:45-6:45 am	Moderate/High	Jeremy
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 H.	Studio 2
Aqua Waves & Weights / begins 11.8		10:00-10:45 am	Moderate/High	Bobby	Lap Pool
Fit and Active		10:15-11:15 am	Low	Donna H.	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
Push, Pull, Carry		5:30-6:30 pm	Moderate/High	Jeff / Andy	Outside
SATURDAY		Reset Stretch + Balance	7:00-8:00 am	Low/Moderate	Lisa
	Cycling	8:00-8:45 am	Moderate/High	Staff	Cycling Studio
	Boot Camp	9:00-10:00 am	Moderate/High	Jeremy	Track
	Zumba®	9:00-10:00 am	Moderate/High	Donna H.	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® /Hip Hop	9:00-10:00 am	Low/Moderate	Donna/Jess/Elisha	Studio 2
	Cycling	9:00-9:45 am	Moderate/High	Kate	Cycling Studio
	Aqua Interval Challenge	10:15-11:00 am	Low/Moderate	Jenn	Lap Pool
	Yoga	10:30-11:30 am	Low/Moderate	Staff	Studio 2

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