



Keene Family YMCA Group Exercise Class Schedule

MARCH 2025

	Class	Time	Intensity	Instructor	Location
MONDAY	Strength Circuit	5:45-6:45 am	Moderate/High	Jeremy	Track
	Cycling	6:00-6:45 am	Moderate/High	Larry	Studio 1
	Cycling	7:45-8:30 am	Moderate/High	Aileen	Studio 1
	Deep H2o Challenge	8:45-9:45 am	Low/Moderate	Tammi	Lap Pool
	Core Yoga Fusion	9:00-10:00 am	Low/Moderate	Grace	Studio 2
	TRX® + Cardio	9:00-10:00 am	Moderate/High	Bridget	Studio 1
	Arthritis Foundation Aquatics Program	10:00-11:00 am	Low	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/Moderate	Aileen	Studio 2
	Fit and Strong	10:15-11:15 am	Low/Moderate	Bobby	Studio 1
	Chair Yoga	11:30 am-12:15 pm	Low	Donna S.	Studio 2
	Anything Goes	12:15-1:00 pm	Moderate/High	Bobby	Track
	Yoga	4:00-5:00 pm	Low/Moderate	Carrie	Studio 2
	Zumba®	5:30-6:30 pm	Low/Moderate	Elisha	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 Pedal & Punch!	8:45-9:30 am	Low/Moderate	Larry	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	Sue	Teaching Pool
	Cycling	4:15-5:00 pm	Moderate/High	Tricia	Studio 1
	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	5:30-6:15 am	Moderate/High	Katie
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	Tammi	Teaching Pool
Fit and Active / Yoga		10:15-11:15 am	Low/Moderate	Lynn	Studio 2
Aqua Waves & Weights		10:00-10:45 am	Low/Moderate	Bobby	Lap Pool
Chair Yoga		11:30 am-12:15 pm	Low	Donna S.	Studio 2
Anything Goes		12:15-1:00 pm	Moderate/High	Bobby	Track
Pat's Power Hour		4:15-5:15 pm	Moderate/High	Patricia	Studio 2
TRX®		5:00-5:45 pm	Moderate/High	Aileen	Studio 1
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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	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	9:00-9:45 am	Moderate/High	Aileen	Studio 1
	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	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
	Cycling	5:30-6:15 pm	Moderate/High	Hannah	Studio 2
	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
Aqua Cycle		8:45-9:30 am	Low/Moderate	Jenn	Lap Pool
Pump It!		9:00-10:00 am	Moderate/High	Bridget	Studio 1
Zumba®		9:00-10:00 am	Moderate/High	Donna H.	Studio 2
Aqua Waves & Weights		9:45-10:30 am	Low/Moderate	Bobby	Lap Pool
Arthritis Foundation Aquatics Program		10:00-11:00 am	Low	Sue	Teaching Pool
Fit and Active		10:15-11:15 am	Low/Moderate	Donna H.	Studio 2
Cycling		10:30-11:15 am	Moderate/High	Aileen	Studio 1
Yoga		12:00-1:00 pm	Low/Moderate	Lynn	Studio 2
Anything Goes		12:15-1:00 pm	Moderate/High	Andy	Track
Cross Training		5:30-6:30 pm	Moderate/High	Jeremy	Track
Push, Pull, Carry		5:30-6:30 pm	Moderate/High	Jeff / Andy	Track/Wellness
SATURDAY	Reset Stretch + Balance	7:00-8:00 am	Low/Moderate	Lisa	Studio 2
	Cycling	7:45-8:30 am	Moderate/High	Staff	Studio 1
	Boot Camp	9:00-10:00 am	Moderate/High	Jeremy	Track
	Dance Fitness / Zumba®	9:00-10:00 am	Moderate/High	Jessica/Donna H.	Studio 1
	Yoga Sculpt	9:00-10:15 am	Moderate/High	Lynn	Studio 2
	Yoga	10:30-11:30 am	Low/Moderate	Carrie	Studio 2
SUNDAY	Zumba® / Dance Fitness	9:00-10:00 am	Low/Moderate	Donna H./ Jessica	Studio 2
	Cycling	9:00-9:45 am	Moderate/High	Katie	Studio 1
	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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