

# GROUP WELLNESS SCHEDULE

## YMCA ALLARD CENTER OF GOFFSTOWN



September 29– November 2

New Class Participants: Please arrive 10 -15 minutes prior to class start time to allow for setup

### MONDAY

6:00 -6:45am	TRX	Studio C	Wayne
<b>7:30-8:30am</b>	<b>Yoga Fit Body &amp; Mind</b>	<b>Studio A</b>	<b>Lindsey</b>
8:30 -9:25am	20/20/20	Studio C	Anja
9:30 -10:30am	PiYo	Studio C	Anja
10:00 -10:50am	Zumba Gold®	Studio A	Jeanne
10:35 -11:25a	Gentle Pilates Fusion	Studio C	Katie/Anja
<b>11:30-12:00pm</b>	<b>Gentle Cycling</b>	<b>Studio C</b>	<b>Anja</b>
4:15-5:00pm	PilatesFusion	Studio C	Lara
<b>5:05 - 6:05pm</b>	<b>Strength Train Together</b>	<b>Studio C</b>	<b>Hannah</b>
<b>6:30 -7:30pm</b>	<b>Yoga Flow</b>	<b>Studio C</b>	<b>Jason</b>

### TUESDAY

<b>5:45- 6:30am</b>	<b>Strength &amp; Conditioning</b>	<b>Studio C</b>	<b>Lara</b>
8:30- 9:30am	Strength Train Together	Studio C	Anja
<b>9:30 -10:30am</b>	<b>Maintenance &amp; Recovery</b>	<b>Studio A</b>	<b>Joey</b>
9:40-10:05am	Core Express	Studio C	Anja
10:30- 10:55am	Low Impact	Studio C	Anja
11:00-11:45am	SilverSneaker Classic	Studio C	Jeanne
<b>12:00-12:45pm</b>	<b>Chair Yoga</b>	<b>Studio C</b>	<b>Jeanne</b>
6:00-7:00pm	Zumba	Studio A	Roger
<b>6:00-7:00pm</b>	<b>Yoga Fit Body &amp; Mind</b>	<b>Studio C</b>	<b>Felicia</b>

### WEDNESDAY

6:00-6:45am	Cycling	Studio C	Wayne
<b>8:00-8:25am</b>	<b>Cycling</b>	<b>Studio C</b>	<b>Anja</b>
8:30-9:40am	Yoga for a Flexible Mind	Studio A	Kim
<b>8:30 -9:25am</b>	<b>Circuit Training</b>	<b>Studio C</b>	<b>Emily</b>
9:30-10:30am	Pilates Fusion	Studio C	Anja
10:00-10:45am	Zumba Toning	Studio A	Jeanne
<b>5:45 -6:45 pm</b>	<b>Barre</b>	<b>Studio C</b>	<b>Lynne</b>

### THURSDAY

<b>6:00-6:45am</b>	<b>PilatesFusion Emily/Holly</b>	<b>Studio C</b>	
8:30-9:30am	20/20/20	Studio A	Kelly
9:00-9:25	TRX Upper Body	Studio C	Anja
<b>9:30-10:25am</b>	<b>Strength &amp; Conditioning</b>	<b>Studio C</b>	<b>Anja</b>

10:30 -10:55am	Low Impact	Studio C	Anja
11:00-11:45am	SilverSneaker Classic	Studio C	Jeanne
<b>5:00 -5:45pm</b>	<b>PilatesFusion</b>	<b>Studio A</b>	<b>Lara</b>
5:30-6:30pm	Strength Train Together	Studio C	Hannah
<b>6:00-7:00pm</b>	<b>Zumba® (F)</b>	<b>Studio A</b>	<b>Tiffany</b>

### FRIDAY

<b>6:00-6:45am</b>	<b>Cycling</b>	<b>Studio C</b>	<b>Lara</b>
<b>8:30-9:30am</b>	<b>TRX</b>	<b>Studio C</b>	<b>Joey</b>
8:30-9:40am	Yoga for a Flexible Mind	Studio A	Kim
9:35-10:35am	Strength Train Together	Studio C	Anja
10:00-10:50am	Zumba Gold®	Studio A	Ann
11:00-11:20am	Gentle Power	Studio C	Anja
<b>5:30 -6:30pm</b>	<b>Yoga Flow</b>	<b>Studio C</b>	<b>Jess</b>

### SATURDAY

<b>8:00-9:00am</b>	<b>Cycling</b>	<b>Studio C</b>	<b>Elaine</b>
<b>9:15-10:25am</b>	<b>Yoga Fit Body &amp; Mind</b>	<b>Studio C</b>	<b>Rotation</b>
<b>9:30-10:30am</b>	<b>Zumba® (F)</b>	<b>Studio A</b>	<b>Niki</b>

### SUNDAY

<b>8:15-9:25am</b>	<b>Yoga Fit Body &amp; Mind</b>	<b>Studio A</b>	<b>Carrie</b>
<b>8:30-9:25am</b>	<b>Step &amp; Strength</b>	<b>Studio C</b>	<b>Erica</b>
<b>9:30-10:30am</b>	<b>Strength Train Together</b>	<b>Studio C</b>	<b>Hannah</b>

As a member, you may drop into any of the classes scheduled above! Schedules are subject to change without notice. Please visit [www.graniteymca.org/schedules](http://www.graniteymca.org/schedules) for last-minute schedule changes or cancellations.

Are you contemplating trying a new group class, but are not sure where to begin? We're here to help! If you have any questions, please contact:

**Anja Payne**  
*Director of Group Wellness*  
 603 - 497 - 4663  
[Apayne@graniteymca.org](mailto:Apayne@graniteymca.org)

Easily access all of our schedules and class descriptions by visiting [www.graniteymca.org/schedules](http://www.graniteymca.org/schedules) or scanning this QR code



# EXERCISE CLASS DESCRIPTIONS

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## Cardio Classes

**Cycling:** Work at your own pace. Class starts with a warm-up and then progresses through a series of routines, ranging from hill work to sprints, all set to motivating music!

**Cycling Circuit:** Maximize your time by spending alternating sections of the class hitting cardio intervals on the bike, and strength work on the floor.

**Gentle Cycling:** This 30minute gentle cycling class is designed for beginners and older adults who are looking for a low-impact-cardiovascular workout, set to motivating music.

**Inspiration & Fitness:** This fun class combines cardio movements including drumsticks, kickboxing, circuit training and strength training while having words of inspiration spoken over you throughout the class to encourage you.

**Low Impact:** Burn calories and keep your heart strong with this joint-friendly workout. Routines are designed to increase heart rate and provide a workout without high impact.

**Step & Strength:** Get your heart pumping with a variety of easy-to-follow and progressive step routines. Resistance training exercise will be incorporated for an efficient total-body workout.

**Strength & Conditioning:** Focus on various functional fitness elements including cardio, strength, balance, and flexibility in this fun, but challenging class. A variety of equipment will be used each week.

**Zumba:** Dance away stress and burn calories in an energized, welcoming environment. Routines are inspired by a number of dance styles including Latin, Greek, Indian and even hip-hop!

**Zumba Gold®:** Burn calories in this stress free, energized low-impact dance workout. This class is targeted towards active seniors, beginners and others needing modifications in their exercise routine.

**Zumba Toning®:** Combine high-energy motivational music with unique moves and combinations that allow participants to dance away their stress. This class includes total body strength exercises using light weights throughout the class.

## Strength-Based Classes

**Circuit Training:** An efficient and challenging form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations.

**Core Express:** Enjoy a quick class designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

**Gentle Power:** Join this class to increase muscular strength and range of movement.

**Maintenance & Recovery:** This class focuses on exercises that will prepare the body's tissues for everyday life as well as improve overall function. Whether you're coming off of an injury or want some tips to get you back on track this class will get you there. Areas of focus include wrist and upper limb conditioning (i.e. elbow and shoulders), lower body conditioning for ankles, knees and hips as well as spinal exercise. Lots of the movements performed are mobility exercise to improve strength as well as flexibility.

**SilverSneakers Classic:** Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during Activities for Daily Living (ADLs). Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

**Strength Train Together:** This is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG!

**20/20/20:** This class combines 20 minutes of aerobics, 20 minutes of strength training, and 20 minutes of core exercise into one singular workout. The class will push your entire body, working you out in way you haven't been worked out before.

**TRX/ Upper Body:** Using TRX Suspension Trainers, you will leverage gravity and your own bodyweight to perform a variety of different exercises. Suspension training exercise develop strength, balance, flexibility and total body mobility to improve activities of daily living! TRX Upper Body focuses mainly on upper body exercises.

## Mind-Body/Low Impact Classes

**Barre:** Lengthen & strengthen muscles using exercises & postures from yoga, Pilates, and ballet training. All levels welcome.

**Chair Yoga:** This class is designed for all ages, fitness levels, and body types. Reap the benefits of yoga without having to move up and down off of the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

**Gentle Pilates Fusion:** Revitalize your body, relax your mind, and reduce stress with slow, gentle Pilates exercise to increase your strength and flexibility. Idea for beginners of any age or physical condition or experienced students who want a slower paced, less strenuous class

**Pilates Fusion:** This class offers a unique blend of Pilates and yoga designed to strengthen the core, improve muscle tone, and increase flexibility

**PiYo™:** Lengthen and strengthen muscles using your own body weight during this high-energy, but low-impact workout. This class combines core power moves from Pilates and flowing, strength-building sequences from yoga for total-body conditioning.

**Yoga Flow:** Experience a gentle-to-moderate, welcoming practice designed for all fitness levels. A variety of poses and vinyasa sequences will be explored.

**Yoga Fit, Body & Mind:** Embrace this all levels practice that unites body and mind. "Feel" the pose, the stretch and the movement. No expectations, just meet your body exactly where it's at.

**Yoga for a Flexible Mind:** Yoga is more about a flexible mind than a flexible body and is achievable for everyone. Embrace the tried-and-true practice of yoga, cultivating a sustainable body and mind that supports mobility, longevity, and physical and mental health fitness. Restore and revitalize during this adjustable practice!

\*\*\*Virtual Classes are via Zoom and can be accessed online at [virtual.graniteymca.org](https://virtual.graniteymca.org)