GROUP WELLNESS SCHEDULE

Find the class that fits what you need today:

MOVE **BUILD** **PERFORM** **RESTORE**

YMCA Allard Center of Goffstown
November 2 - November 29, 2026

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

MONDAY

6:00 - 6:45 am	TRX	Studio C	Wayne
8:30 - 9:25 am	Step & Strength	Studio C	Anja
9:30 - 10:30 am	PiYo	Studio C	Jane
10:00 - 10:50 am	Zumba Gold®	Studio A	Jeanne
10:35 - 11:25 am	Gentle Pilates Fusion	Studio C	Katie
11:30 am - 12 pm	Cycle Basics	Studio C	Anja
4:15 - 5:00 pm	Core Strength	Studio C	Lara
5:05 - 6:05 pm	Strength Train Together	Studio C	Cyndi

TUESDAY

5:45 - 6:30 am	Total Body Conditioning	Studio C	Lara
8:30 - 9:30 am	Strength Train Together	Studio C	Anja
9:30 - 10:25 am	Mobility & Recovery	Studio A	Joey
9:40 - 10:05 am	Core Strength	Studio C	Anja
10:30 - 10:55 am	Low Impact Cardio	Studio C	Anja
11:00 - 11:45 am	Active Strength & Balance	Studio C	Jeanne
12:00 - 12:45pm	Balance & Beyond	Studio C	Joey
6:00 - 7:00 pm	Zumba®	Studio A	Roger

WEDNESDAY

6:00 - 6:45 am	Cycle	Studio C	Wayne
8:30 - 9:40 am	Yoga for a Flexible Mind	Studio A	Kim
8:30 - 9:25 am	Strength Train Together	Studio C	Anja
9:30 - 10:30 am	Pilates Fusion	Studio C	Anja
10:00 - 10:45 am	Zumba Toning®	Studio A	Jeanne
5:30 - 6:30 pm	Yoga	Studio C	Joanna

THURSDAY

5:45 - 6:30 am	Core Strength	Studio C	Anja
8:30 - 9:30 am	Tabata	Studio A	Kelly
9:00 - 9:25 am	TRX Upper Body	Studio C	Joey
9:30 - 10:25 am	Total Body Conditioning	Studio C	Joey
10:30 - 10:55 am	Low Impact Cardio	Studio C	Anja/ Jeanne
11:00 - 11:45 am	Active Strength & Balance	Studio C	Jeanne
12:00 - 12:45pm	Balance & Beyond	Studio C	Joey
5:00 - 5:45 pm	Core Strength	Studio A	Lara
6:00 - 7:00 pm	Zumba® (F)	Studio A	Tiffany

FRIDAY

6:00 - 6:45 am	Cycle	Studio C	Lara
8:30 - 9:30 am	TRX	Studio C	Joey
8:30 - 9:40 am	Yoga for a Flexible Mind	Studio A	Kim
9:35 - 10:35 am	Strength Train Together	Studio C	Anja
10:00 - 10:50 am	Zumba Gold®	Studio A	Ann
11:00 - 11:30 am	Active Strength & Balance	Studio C	Anja

SATURDAY

8:00 - 9:00 am	Cycle	Studio C	Elaine
9:15 - 10:25 am	Yoga	Studio C	Varies
9:30 - 10:30 am	Zumba® (F)	Studio A	Niki

SUNDAY

8:15 - 9:25 am	Yoga	Studio A	Carrie
8:30 - 9:30 am	Step & Strength	Studio C	Erica

Reservations are required for aquatic classes. Schedules are subject to change without notice.
Please visit **www.graniteymca.org/schedules** or follow us on **Facebook** for schedule updates.

Questions? Please contact Anja Payne, Director of Group Wellness at 603.497.4663 or apayne@graniteymca.org.

YOUR FOUR FITNESS PATHWAYS

Choose one—or combine all four for a balanced week.

MOVE Move more. Feel energized.

Active Strength & Balance: A welcoming, lower-impact class that combines cardiovascular movement, strength, balance and flexibility exercises for everyday function. Chair support and modifications are available.
Cycle Basics: Learn bike setup, resistance, posture and basic cycling cues in a welcoming, lower-intensity ride designed to build confidence for indoor cycling.
Low Impact Cardio: 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.
Strength & Balance: Build the strength, core control and stability needed for balance and everyday movement through progressive standing and supported exercises. A chair may be used for assistance.
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.

BUILD Build strength for everyday life.

Balance & Beyond: There's more to balance than standing on one foot! Explore exercises that develop stability, coordination, mobility, and functional strength. With light resistance and practical movement, activities, this moderate-paced class helps you work toward greater confidence in the movement you use every day.
Core Strength: Strengthen the abdominal, back and stabilizing muscles through focused exercises that support posture, balance and everyday movement. Floor-based options and modifications are provided.
Cycle: Ride at your own pace through hills, sprints and endurance intervals set to motivating music. Participants control their resistance and intensity throughout the workout.
Pilates Fusion: This class offers a unique blend of Pilates and yoga designed to strengthen the core, improve muscle tone & 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.
Strength & Core: Both full-body functional exercises and isolated-combined movements give you a complete body workout. Class utilizes weights and a variety of accessories. Open to beginners.
Step & Strength: Combine easy-to-follow, progressive step routines with resistance training for a complete cardiovascular and strength workout. Equipment and intensity options support different fitness levels.
Strength Train Together®: This is a one-hour, cutting-edge strength training workout designed to get your 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. Please arrive 5-10 minutes early to give you time to set up your equipment!
Total Body 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.
TRX®: Use body weight and gravity with TRX Suspension Trainers to develop total-body strength, balance, flexibility and core stability. Exercise options allow participants to adjust the challenge.
TRX® Upper Body: Using TRX Suspension Trainers, you will leverage gravity and own body weight to perform a variety of different exercises. Suspension training exercise develops strength, balance, flexibility and total body mobility to improve daily activities! TRX Upper Body focuses mainly on upper body exercises.
Vinyasa Yoga: Emphasizes the sequential movement between postures, coordinated with and guided by deliberate breath. A moving meditation that creates strength, freedom, and fluidity in the body and mind.
Yoga: A welcoming, gentle-to-moderate yoga practice using poses, breathing and flowing sequences to support strength, flexibility, balance and relaxation. Options are offered for different experience levels.
Zumba®: An energized dance fitness class featuring Latin and global rhythms with easy-to-follow choreography. Participants build cardiovascular fitness while moving at their own pace and having fun.
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.

PERFORM Challenge yourself. Train with purpose.

Tabata: A high-intensity interval workout using timed rounds of 20 seconds of work and 10 seconds of recovery to challenge cardiovascular endurance and major muscle groups. Exercise options are provided.

RESTORE Improve mobility. Reset body and mind.

Gentle Pilates Fusion: Revitalize your body, relax your mind, and reduce stress with slow, gentle Pilates exercise to increase your strength and flexibility. Ideal for beginners of any age or physical condition or experienced students who want a slower paced, less strenuous class.
Gentle Yoga: A slower-paced, mindful yoga practice using gentle poses, breathing and stretching to improve flexibility, release tension and promote relaxation. Options make the practice accessible to a wide range of abilities.
Mobility & 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 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 exercises to improve strength as well as flexibility.
Yoga Flow & Restore: A balanced practice that blends the dynamic movement of Vinyasa with the deep, stillness-oriented relaxation of Restorative Yoga. This combination is designed to harmonize the body and mind by first building gentle heat and then surrendering into a deep state of rest.
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.

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