

GROUP WELLNESS SCHEDULE YMCA OF CONCORD



May 2026

MONDAY

6:00am(50min)	Cycling	Studio A	Deb B
6:00am	StayFit	BB Court	Bonnie
7:30am	Yoga	Studio B	Maris
9:00am	Strength & Core	BB Court	Deb D
9:00am	Pilates	Studio B	Donna
10:15am	Silver Sneakers	BB Court	Leslie
10:30am	Swing & Sweat	Studio B	Deb D
12:00pm	Gentle Yoga	Studio B	Sarah
12:00pm	Cardio Core	Court A	Deb D
1:00pm(45min)	Begin to Spin	Studio A	Kelli
4:15pm	Yin-Yang Flow	Studio B	Kelli
5:30pm	ZUMBA	Studio B	Sindy
5:30pm	Smart Strength	Studio A	Kelli
6:30pm	Vin to Yin	Studio B	Karen

TUESDAY

6:00am(45min)	Ignite360	Court A	Alice
6am(50min)	Cycling	Studio A	Deb B
7:00am	MoveStrong	Studio A	Ben
8:30am	Cardio Kickbox, Bands, & Barre Fusion	Studio B	Erica
9:00am	MoveWell	Studio A	Karen
10:00am	Live Y'ers	Court A	Kelli
12pm	Yoga	Studio B	Steve
12pm(45min)	Cycling	Studio A	Trieste
5:30pm	Cycling Intervals & Arms	Studio A	Cherie
6pm	*Roller Fitness	BB Court	Kelli

WEDNESDAY

6:00am(50min)	Cycling	Studio A	Deb B
6:00am	StayFit	BB Court	Bonnie
7:00am(30min)	Stretch/Flexibility	Studio B	Deb B
8:30am	Yoga	Studio B	Maris
9:00am	Altern8	Studio A	Ben/Corey
10:00am	Live Y'ers	Court A	Kelli
11am	Yin Yang Flow	Studio B	Kelli
12:00pm(30min)	Lunch Crunch	Studio A	Trieste
5:30pm	ZUMBA	Studio B	Sindy

THURSDAY

5:45am	Circuits	Court A	Corey
6:00am(50min)	Cycling	Studio A	Erin

THURS Cont.

9:00am(45min)	Cycle & Core	Studio A	Deb B/Erin
9:00am	Pilates Mat Fusion	Studio B	Cyndi
9:00am	Strength & Core	BB Court	Deb D
10:00am	Live Y'ers	Court A	Kelli
10:30am	Swing & Sweat	Studio B	Deb D
12:00pm	Circuits	Court A	Corey
4:30pm	Rhythm Ride	Studio A	Pip
5:30pm	Cycle & Core	Studio A	Trieste
6:00pm	Yoga	Studio B	Brigid

FRIDAY

6:00am(50min)	Cycling	Studio A	Deb B
6:00am	StayFit	BB Court	Bonnie
7:00am	MoveStrong	Studio A	Ben
8:30am	Step & Strength	Studio A	Erica
10:15am	Silver Sneakers	BB Court	Leslie
11:00am	Yoga	Studio B	Priscilla
12:00pm	Burn & Stretch	Studio A	Corey

SATURDAY

8:00am	Yoga	Studio B	Alternates
8:00am	Cycling	Studio A	Trieste
9:00am	Power Hour	Studio A	Trieste
12:00pm	Stretch & Flow	Studio A	Corey

As a member, you may drop into any of the classes scheduled above, unless it is a Program Class (*) These classes require registration and a fee. Schedules are subject to change without notice. Please visit www.graniteymca.org/calendar/9/3 or follow us on [Facebook](#) for last-minute schedule changes.

Classes in **BLUE** are new additions to the schedule.

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:

Kim Driscoll

Director of Healthy Living
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EXERCISE CLASS DESCRIPTIONS

Cardio Classes

Begin To Spin: Learn how to properly set up your bike, adjust resistance, and follow basic cycling cues to help you feel confident and prepared for a full workout.

Burn & Stretch: 30 minutes of HIIT/30 minutes of stretch.

Cardio Core: First half of the class is cardio using the entire gym space followed by mat core work.

Cardio Kickbox, Bands, & Barre Fusion: This class not only gets your heart pumping with cardio, but also promotes long, lean muscles through band and barre exercises. Tone your whole body and increase your metabolism

Cycle & Core: 45-minute cycling class followed by fifteen minutes of core and stretching.

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!

Lunch Crunch: Take a break from your workday and join this 30 min. strength and core class to increase muscle, balance and flexibility while reducing stress in your work week. Equipment and class structure vary weekly for fun and variety. All levels and abilities welcome.

MoveStrong: A circuit-based full-body workout that blends strength training with quick stretch and mobility resets to keep your body strong, mobile, and ready for anything.

MoveWell: A beginner-to-intermediate class focused on improving mobility, range of motion, strength, and balance while supporting better posture and joint protection.

Power Hour: 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.

Rhythm Ride: A high energy, beat-based cycling class where we ride together to our favorite songs and match every movement to the rhythm.

Step & Strength: This class combines progressive step routines with resistance training for a complete cardio and strength workout. A variety of equipment including steps, dumbbells and bands will be utilized to get your heart pumping and leave no muscle untouched!

Swing & Sweat: This is a fun, beginner-friendly dance fitness class featuring East Coast Swing, Foxtrot, Waltz, West Coast Swing, and more, where you will learn basic steps, try both leading and following, and get moving-no partner or experience needed.

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!

Strength-Based Classes

Ignite360: Push past your limits in this high-intensity, performance-driven workout. Designed for advanced participants, this class challenges your strength, endurance, and agility in a competitive environment. Awaken your inner athlete and take your training to the next level. 45 minutes

Altern8: This class alternates week to week between cardio and strength, with two instructors each bringing their specialty to the class.

Circuits: 55 straight minutes of strength, cardio and body-weight fitness. Bring your water!

Smart Strength: An all-levels class focused on building total-body strength using weights, bodyweight and bands, with an emphasis on proper form and controlled movement.

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.

Mind-Body/Low Impact Classes

Live Y'ers! A mixture of Cardio and Strength with modifications. Increase heart rate, build strength and focus on core and balance. Chair, floor and standing

Gentle Yoga: A slower-paced and more restorative form of yoga, suitable for participants seeking a mindful, low-impact practice.

Pilates: Condition both mind and body in this total-body toning class. Build long lean muscles, improve posture and reduce stress - it's the perfect combination!

Silver Sneakers: Create stability and strength through this lower impact chair and standing fitness class for any age.

Stretch/Flexibility: Upper and lower body stretches to stretch what's tight and strengthen what's weak.

Stretch & Flow: This class connects breath work with movement to help increase flexibility.

Yin-Yang Flow: Movements reflect the balance between hard/soft, slow/fast, and expanding/contracting techniques.

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

Vin to Yin: First 30 minutes of class will consist of Vinyasa flow, focusing on strength, balance and connecting movement with breath. The second thirty minutes, is a slow stretch series, holding poses for 3-5 minutes.