

GROUP WELLNESS SCHEDULE YMCA OF CONCORD

October 2025



MONDAY

6:00am(45min)	Stay-Fit Cardio Core & Strength	Court A	Bonnie
6:00am(50min)	Cycling	Studio A	Deb B
7:30am	Yoga	Studio B	Maris
9:00am	Strength & Core	Court A	Deb D
9:00am	Pilates	Studio B	Donna
10:15am	Silver Sneakers	BB Court	Leslie
12:00pm	Cardio Core	Court A	Deb D
12:00pm(45min)	Mid-Day Yoga Recharge	Studio B	Sarah
5:30pm	Cycling	Studio A	Lori
5:30pm	ZUMBA	Studio B	Sindy
6:30	Vin to Yin	Studio B	Brigid

TUESDAY

5:45am	Boot Camp	Court A	Alice
6am(50min)	Cycling	Studio A	Deb B
8:30am	Cardio Kickbox, Bands, & Barre Fusion	Studio B	Erica
9:00am	Cycle & Strength	Studio A	Laura
10:00am	Live Y'ers	Court A	Kelli
12pm(45min)	Cycling	Studio A	Trieste
5:30pm	Cycling Intervals & Arms	Studio A	Cherie
*6:00pm	Salsa-Beginners	Studio B	Japhet
*6:00pm	Roller Fitness-Intermediate		Kelli
*7:00pm	Salsa-Intermediate	Studio B	Japhet

WEDNESDAY

6am(45min)	Stay-Fit Cardio Core & Strength	Court A	Bonnie
6:00am(50min)	Cycling	Studio A	DebB/Trieste
7:00am(30min)	Stretch/Flexibility	Studio B	Deb B
8:30am	Yoga	Studio B	Maris
9:00am	Strength & Cardio	Studio A	Gaia
10:00am	Live Y'ers	Court A	Kelli
12:00pm(30min)	Lunch Crunch	Studio A	Trieste
5:30pm	ZUMBA	Studio B	Sindy

THURSDAY

5:45am	Bootcamp	Court A	Corey
6:00am(50min)	Cycling	Studio A	Erin
9:00am(45min)	Cycle & Core	Studio A	Laura
9:00am	Pilates Mat Fusion	Studio B	Cyndi
9:00am	Strength & Core	Court A	Deb D
10:00am	Live Y'ers	Court A	Kelli
10:30am	East Coast Swing	Studio B	Deb D
12:00pm	Barre	Studio B	Deb D
12:00pm	Circuits	Court A	Corey
5:00pm	Cardio Salsa	Studio B	Japhet
5:30pm	Cycle & Core	Studio A	Trieste
5:30pm	ZUMBA	Court A	Liz
6:00pm	Yoga	Studio B	Brigid

FRIDAY

6:00am(45min)	Stay-Fit Cardio Core & Strength	Court A	Bonnie
6:00am(50min)	Cycling	Studio A	Deb B
8:30am	Step & Strength	Studio A	Erica
10:15am	Silver Sneakers	BB Court	Leslie
12:00pm	Burn & Stretch	Studio A	Corey
12:00pm	Yoga	Studio B	Priscilla

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.

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
603.228.9622 (ext. 1164)
kdriscoll@graniteymca.org

Easily access all of our schedules
and class descriptions by visiting
www.graniteymca.org/calendar/9
or scanning this QR code



EXERCISE CLASS DESCRIPTIONS

Cardio Classes

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!

Cycling Intervals & Arms: Cycling intervals class that will increase your endurance and torch calories while building muscle. Class ends using light weights targeting the upper body.

East Coast Swing: East Coast Swing Lessons - Participants will learn both single step and triple step east coast swing using the basic 6-count patterns. East coast swing uses big band or rock and roll and is great for many types of social dances - events, weddings, bars, etc. No partner necessary. Participants will learn both leading and following.

Lunch Crunch: Take a break from your work day 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.

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.

Salsa Cardio Dance: Cardio class using Salsa and Bachata dance routines along with fun Latin music.

Stay-Fit Cardio Core & Strength: Combination of low impact cardio workout with core strengthening and light weights.

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!

Tango: Randy and Sara have been learning and teaching Argentine Tango together for over 10 years. This class will teach the basic 8 steps of Tango and how to personalize and improvise them to any music! The focus will be on connecting and communicating with your partner to create an exciting and fun way to enjoy dancing together.'

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

Boot Camp: Boot camp combines aspects of athletic training including power movements, plyometric, and high-intensity cardiovascular exercises.

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

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

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

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

Mid-Day Yoga Recharge: An all levels yogis flow to bring a pick me up to your work day.

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!

Power Yoga: Come enjoy a vigorous, fitness-based approach to vinyasa-style yoga. Power yoga incorporates the athleticism of Ashtanga, including lots of vinyasas (series of poses done in sequence).

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.

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