# GROUP WELLNESS SCHEDULE

Find the class that fits what you need today:

■ MOVE ■ BUILD ■ PERFORM ■ RESTORE

**YMCA of Concord**
November 2026

| MONDAY | | | |
|---|---|---|---|
| 6:00 - 6:50 am | Cycle | Studio A | Deb B |
| 6:00 - 7:00 am | StayFit | BB Court | Bonnie |
| 7:30 - 8:30 am | Yoga | Studio B | Maris |
| 8:30 - 9:30 am | Aquacise | Pool | Jane |
| 9:00 - 10:00 am | Strength & Core | BB Court | Deb D |
| 9:00 - 10:00 am | Pilates | Studio B | Donna |
| 9:00 - 10:00 am | Cycle | Studio A | Mike |
| 10:15 - 11:15 am | Active Strength & Balance | BB Court | Leslie |
| 10:30 - 11:30 am | Swing & Sweat | Studio B | Deb D |
| 12:00 - 1:00 pm | Cardio & Core | Court A | Deb D |
| 12:00 - 1:00 pm | Gentle Yoga | Studio B | Sarah |
| 5:30 - 6:30 pm | Zumba | Studio B | Sindy |
| 5:30 - 6:30 pm | Cycle | Studio A | Lori |

| TUESDAY | | | |
|---|---|---|---|
| 6:00 - 6:45 am | Ignite360 | BB Court | Alice |
| 6:00 - 6:50 am | Cycle | Studio A | Deb B |
| 8:30 - 9:30 am | Cardio Kickbox Fusion | Studio B | Erica |
| 9:00 - 10:00 am | Cycle & Core | Studio A | Laura |
| 12:00 - 1:00 pm | Yoga | Studio B | Steve |
| 12:00 - 12:45 pm | Cycle | Studio A | Trieste |
| 12:00 - 1:00 pm | HIIT & Stretch | BB Court | Corey |
| 5:30 - 6:30 pm | Cycle & Core | Studio A | Cherie |

| WEDNESDAY | | | |
|---|---|---|---|
| 6:00 - 6:50 am | Cycle | Studio A | Deb B |
| 6:00 - 7:00 am | Stayfit | BB Court | Bonnie |
| 7:00 - 7:30 am | Stretch & Mobility | Studio B | Deb B |
| 8:30 - 9:30 am | Yoga | Studio B | Maris |
| 8:30 - 9:30 am | Aquacise | Pool | Nancy |
| 9:00 - 10:00 am | Cardio Strength & Core | Studio A | Ben |
| 10:00 - 11:00 am | Active Strength & Balance | BB Court | Cindy |
| 10:00 - 11:00 am | MoveWell | Studio B | Karen |
| 12:00 - 12:30 pm | Stength & Core Express | Studio A | Trieste |

| WEDNESDAY | | | |
|---|---|---|---|
| 5:30 - 6:30 pm | Zumba | Studio B | Sindy |
| 5:30-6:30 pm | Total Body Conditioning | Studio A | Corey |

| THURSDAY | | | |
|---|---|---|---|
| 5:30 - 6:30 am | Boot Camp | BB Court | Corey |
| 6:00 - 6:50 am | Cycle | Studio A | Erin |
| 8:00 - 8:45 am | Cycle & Core | Studio A | Laura |
| 9:00 - 10:00 am | Pilates Fusion | Studio B | Cindy |
| 9:00 - 10:00 am | Strength & Core | BB Court | Deb D |
| 10:30 - 11:30 am | Swing & Sweat | Studio B | Deb D |
| 12:00 - 1:00 pm | Total Body Conditioning | BB Court | Corey |
| 5:30 - 6:30 pm | Dance Anime | Studio A | Liz |
| 6:00 - 7:00 pm | Yoga | Studio B | Brigid |

| FRIDAY | | | |
|---|---|---|---|
| 6:00 - 6:50 am | Cycle | Studio A | Deb B |
| 6:00 - 7:00 pm | Stay Fit | BB Court | Bonnie |
| 8:30 - 9:30 am | Step & Strength | Studio A | Erica |
| 8:30 - 9:30 am | Aquacise | Pool | Irene |
| 9:30 - 10:30 am | Cycle | Studio A | Mike |
| 10:15 - 11:15 am | Active Stength & Balance | BB Court | Leslie |
| 11:00 am - 12:00 pm | Yoga | Studio B | Priscilla |
| 12:00 - 1:00 pm | HIIT & Stretch | Studio A | Corey |
| 5:30 - 6:30 pm | Total Body Conditioning | BB Court | Corey |

| SATURDAY | | | |
|---|---|---|---|
| 8:00 - 9:00 am | Cycle | Studio A | Trieste |
| 8:00 - 9:00 am | Yoga | Studio B | Varies |
| 8:15 - 9:15 am | Aquacise | Pool | Varies |
| 9:00 - 10:00 am | Total Body Conditioning | Studio A | Trieste |
| 12:00 - 1:00 pm | Stretch & Flow | Studio A | Corey |

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 Kim Driscoll, Director of Healthy Living at 603.228.9622 (ext. 1164) or kdriscoll@graniteymca.org.

# YOUR FOUR FITNESS PATHWAYS

Choose one—or combine all four for a balanced week. **Aquatic classes remain part of the pathways.**

## 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.

**Aqua Basics:** An introductory, lower-intensity water class that builds confidence while improving cardiovascular fitness, strength, flexibility and endurance. No previous aquatic exercise experience is needed.

**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.

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

**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.

**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.

## BUILD Build strength for everyday life.

**Aqua Cardio & Strength:** An introductory, lower-intensity water class that builds confidence while improving cardiovascular fitness, strength, flexibility and endurance. No previous aquatic exercise experience is needed.

**Aqua Fitness:** A low-impact, total-body water workout that combines cardiovascular movement and resistance exercises to improve strength, endurance and flexibility. Participants choose the intensity that works for them.

**Aqua Zumba®:** An invigorating workout that includes splashing, stretching, twisting, and laughter blended all together in a safe, challenging, water-based workout that is cardio conditioning and body toning.

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

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

**Cardio Dance:** Move your body to music and have fun in this cardio-based dance class. The instructor will guide you through the steps along the way and offer options for all levels.

**Cardio Fusion:** An energizing cardiovascular workout that alternates higher-intensity movement with lower-intensity recovery. Easy-to-follow intervals help improve endurance and overall fitness.

**Cardio Kickbox 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.

**Cardio & Strength & Core:** 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 worked out before.

**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.

**Cycle & Core:** Build cardiovascular endurance through a coached cycling workout, then finish with focused core strengthening and stretching. Class length and cycling time may vary by schedule.

**Deep Water Fitness:** A no-impact deep-water workout combining cardiovascular movement and core-focused exercises to improve strength, stability, balance and flexibility. Flotation equipment may be used.

**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.

**Pilates:** A total-body, mind-body workout focused on core strength, muscular control, posture and flexibility. Exercises can be modified to support different fitness levels.

**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.

**Strength & Core Express:** 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.

**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.

# YOUR FOUR FITNESS PATHWAYS (cont.)

## BUILD Build strength for everyday life.

**Total Body Circuit:** 55 straight minutes of strength, cardio and bodyweight fitness.

**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.

**Total Body Strength:** Build total-body muscular strength and endurance using weights, resistance bands and body weight, with an emphasis on proper form, controlled movement and options for all levels.

**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.

## PERFORM Challenge yourself. Train with purpose.

**Boot Camp:** A full-body, athletic-style workout using intervals, stations and varied equipment to build strength, cardiovascular endurance, agility and mobility. Options allow participants to adjust the challenge.

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

**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.

## RESTORE Improve mobility. Reset body and mind.

**Aqua Flow:** Using elements of yoga and Tai Chi to improve movement. Slow paced with emphasis on whole body movements and relaxation. Suitable for all abilities.

**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.

**Restorative Yoga:** Relax and unwind! Using props, such as bolsters, blankets and blocks will help to hold poses for 10-15 minutes. It is deeply relaxing while activating the parasympathetic nervous system. You will leave the class feeling restored peacefully, and you will have a great night's sleep.

**Stretch & Flow:** Connect breath with gentle, continuous movement to improve flexibility, mobility and body awareness while releasing tension. Movement options support a comfortable range of motion.

**Stretch & Mobility:** Upper and lower body stretches to stretch what's tight and strengthen what's weak.

**Vinyasa 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.

**Yin Yoga:** A slower-paced, more meditative version of yoga. The poses are held for a long period of time (typically three to five minutes or longer) to target the connective tissues (such as ligaments) rather than focusing on the muscles. As a result, the asanas are more passive holds, with little muscular engagement.

**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.