

GROUP WELLNESS SCHEDULE YMCA OF CONCORD

March 4th – April 29th, 2024



MONDAY

6:00-6:40am	Stay-Fit Cardio Core & Strength	Big Gym	Bonnie
6:00-6:50am	Cycling	Studio A	Staff
7:30-8:30am	Yoga	Studio B/ Virtual	Maris
9:00-10:00am	Strength & Core	Big Gym	Debby D
9:00-10:00am	Pilates	Studio B	Diana
10:15-11:15am	Silver Sneakers	Big Gym	Leslie
12:00-12:50pm	Cardio Core	Big Gym	Debby D
12:00-1:00pm	Yoga	Studio B	Diana
5:00-6:00pm	Barre	Studio B	Debby D
5:30-6:30pm	Zumba	Big Gym	Sindy
5:30-6:30pm	Cycling Intervals & Arms	Studio A	Cherie

TUESDAY

5:45-6:45am	Boot Camp	Big Gym	Alice
6:00-6:50am	Cycling	Studio A	Deb B
8:30-9:30am	Cardio Kickbox, Bands, & Barre Fusion	Studio B	Erica
9:00-10:00am	Spin & Strength	Studio A	Laura K
10:15-11:15am	Silver Sneakers	Big Gym	Leslie
12:00-12:45pm	Cycling	Studio A	Trieste
12:00-1:00pm	Power Yoga	Studio B	Joe
12:00-1:00pm	Mindful Yoga	Virtual	Marsha
5:30-6:15pm	Boot Camp	Big Gym	Heather
5:30-6:25pm	Cycling & Arms	Studio A	Cherie
6:30-7:30pm	Strength Train Together	Studio A	Hannah

WEDNESDAY

6:00-6:40am	Stay-Fit Cardio Core & Strength	Big Gym	Bonnie
6:00-6:50am	Cycling	Studio A	Deb B
7:00-7:30am	Stretch/Flexibility	Studio B	Deb B
8:30-9:30am	Yoga	Studio B/ Virtual	Maris
9:00-9:50am	Cardio Kickboxing	Studio A	Gaia
10:15-11:15am	Silver Sneakers	Big Gym	Leslie
12:00-12:30pm	Lunch Crunch	Studio A	Trieste
5:30-6:30pm	Zumba	Studio B	Sindy
5:30-6:30pm	Cycling	Studio A	Diana

THURSDAY

5:45-6:45am	Bootcamp	Big Gym	Rob
6:00-6:50am	Cycling	Studio A	Erin
6:30-7:30am	Mindful Yoga	Virtual	Marsha
9:00-10:00am	Strength & Core	Big Gym	Debby D
12:00-12:50pm	Cycling	Studio A	Laura K
12:00-1:00pm	Barre	Studio B	Debby D
5:00-6:00pm	Salsa Cardio Dance	Studio B	Jeff
5:30-6:30pm	Cycle & Core	Studio A	Trieste
6:00-7:00pm	Yoga	Studio B	Brigid

FRIDAY

6:00-6:40am	Stay-Fit Cardio Core & Strength	Big Gym	Bonnie
6:00-6:50am	Cycling	Studio A	Deb B
7:00-7:30am	Stretch/Flexibility	Studio B	Deb B
8:30-9:30am	Power Hour	Studio A	Erica
10:15-11:15am	Silver Sneakers	Big Gym	Leslie
12:00-1:00pm	Yoga	Studio B/ Virtual	Steve
5:30-6:30pm	Zumba	Studio A	Liz

SATURDAY

8:00-9:00am	Cycling	Studio A	Trieste/Rick
8:00-9:00am	Yoga	Studio B	Varies
9:00-10:00am	Power Hour	Studio A	Trieste

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/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:

Diana Moore
Director of Healthy Living
603.228.9622 (ext. 1164)
dmoore@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

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

Cardio Kickboxing: Jump, lunge, squat, kick, and balance your way to a total body workout, with a combo of cardio and muscle conditioning.

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.

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 varies 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.

Running Club: Whether you're interested in trying running for the first time or you want to refine your skills, our YMCA Running Club is for you! All skill levels welcome.

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

Spin & Strength: Half an hour of cycling followed by half an hour of strength and core work with weights and accessories for a full-body workout.

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

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!

*****Virtual Classes are via Zoom and can be accessed online via the Live Classes schedule under the Virtual Wellness tab**

Strength-Based Classes

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

Functional Strength & Mobility: A high energy class but with a focus on slowing movements down and using weights to perform exercises to increase muscular fitness and total body mobility to improve activities of daily living!

Smart Strength: Strength and endurance exercises to improve total body coordination, encompassing all planes of motion. Class utilizes weights and a variety of accessories. Open to beginners.

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 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!

Mind-Body/Low Impact Classes

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

*****Mindful Yoga:** Focuses your attention inward, increasing awareness of your body's sensations and needs, and develops the tools to increase strength, balance, and flexibility. This class is appropriate for all levels of fitness and yoga experience.

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!

POP Pilates: Pop Pilates takes classic Pilates to the next level by challenging participants to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched. It is a mat-based fusion of ab-chiseling and total body-defining moves, all choreographed to your favorite Top 40 hits.

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).

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

SilverSneakers EnerChi: Perform modified tai chi forms in a slow, flowing sequence to progress balance and focus. A chair is offered for standing support.

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

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