

GROUP WELLNESS SCHEDULE

YMCA ALLARD CENTER OF GOFFSTOWN



January 5–February 2

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

MONDAY

6:00 -6:45am	TRX	Studio C	Wayne
8:30 -9:25am	20/20/20	Studio C	Anja
9:30 -10:30am	PiYo	Studio C	Anja
10:00 -10:50am	Zumba Gold®	Studio A	Jeanne
10:35 -11:25a	Gentle Pilates Fusion	Studio C	Katie
11:30-12:00pm	Gentle Cycling	Studio C	Anja
4:15-5:00pm	PilatesFusion	Studio C	Lara
5:05 - 6:05pm	Strength Train Together	Studio C	Hannah
6:30 -7:30pm	Yoga Flow	Studio C	Jason

10:30 -10:55am	Low Impact SilverSneaker Classic	Studio C	Anja
11:00-11:45am	PilatesFusion	Studio C	Lara
5:00 -5:45pm	Strength Train Together	Studio A	Lara
5:30-6:30pm	Strength Train Together	Studio C	Hannah
6:00-7:00pm	Zumba® (F)	Studio A	Tiffany

TUESDAY

5:45- 6:30am	Strength & Conditioning	Studio C	Lara
8:30- 9:30am	Strength Train Together	Studio C	Anja
9:30 -10:25am	Maintenance & Recovery	Studio A	Joey
9:40-10:05am	Core Express	Studio C	Anja
10:30- 10:55am	Low Impact	Studio C	Anja
11:00-11:45am	SilverSneaker Classic	Studio C	Jeanne
12:00-12:45pm	Chair Yoga	Studio C	Jeanne
6:00-7:00pm	Zumba	Studio A	Roger
6:00-7:00pm	Yoga Fit Body & Mind	Studio C	Felicia

FRIDAY

6:00-6:45am	Cycling	Studio C	Lara
8:30-9:30am	TRX	Studio C	Joey
8:30-9:40am	Yoga for a Flexible Mind	Studio A	Kim
9:35-10:35am	Strength Train Together	Studio C	Anja
10:00-10:50am	Zumba Gold®	Studio A	Ann
11:00-11:20am	Gentle Power	Studio C	Anja
5:30 -6:30pm	Yoga Flow	Studio C	Jess

SATURDAY

8:00-9:00am	Cycling	Studio C	Elaine
9:15-10:25am	Yoga Fit Body & Mind	Studio C	Rotation
9:30-10:30am	Zumba® (F)	Studio A	Niki

SUNDAY

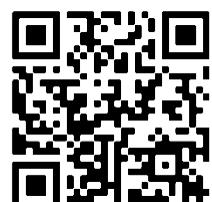
8:15-9:25am	Yoga Fit Body & Mind	Studio A	Carrie
8:30-9:25am	Step & Strength	Studio C	Erica
9:30-10:30am	Strength Train Together	Studio C	Hannah

As a member, you may drop into any of the classes scheduled above! Schedules are subject to change without notice. Please visit www.granitemca.org/schedules for last-minute schedule changes or cancellations.

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:

Anja Payne
Director of Group Wellness
603 - 497 - 4663
Apayne@granitemca.org

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



EXERCISE CLASS DESCRIPTIONS

Cardio Classes

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 Circuit: Maximize your time by spending alternating sections of the class hitting cardio intervals on the bike, and strength work on the floor.

Gentle Cycling: This 30minute gentle cycling class is designed for beginners and older adults who are looking for a low-impact-cardiovascular workout, set to motivating music.

Low Impact: 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.

Step & Strength: Get your heart pumping with a variety of easy-to-follow and progressive step routines. Resistance training exercise will be incorporated for an efficient total-body workout.

Strength & 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.

Zumba: Dance away stress and burn calories in an energized, welcoming environment. Routines are inspired by several dance styles including Latin, Greek, Indian and even hip-hop!

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.

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.

Strength-Based Classes

Boot Camp: Build strength, stability, agility, and mobility as we work through a variety of athletic movements using a variety of equipment and stations. Each class is a full body workout and can be as challenging as you choose.

Core Express: Enjoy a quick class designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles.

Gentle Power: Join this class to increase muscular strength and range of movement.

Maintenance & 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.

SilverSneakers Classic: Move through a variety of exercises designed to increase muscular strength, range of movement and skills required during Activities for Daily Living (ADLs). Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seating and/or standing support.

Strength Train Together: This is a one-hour, cutting-edge strength training workout designed to get your muscles 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!

20/20/20: 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.

TRX/ Upper Body: Using TRX Suspension Trainers, you will leverage gravity and your own body weight to perform a variety of different exercises. Suspension training exercise develops strength, balance, flexibility and total body mobility to improve activities of daily living! TRX Upper Body focuses mainly on upper body exercises.

Mind-Body/Low Impact Classes

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

Chair Yoga: This class is designed for all ages, fitness levels, and body types. Reap the benefits of yoga without having to move up and down off the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

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

Mobility & Stretch: Improve flexibility, range of motion, and joint health through gentle, flowing movements, foam rolling, and dynamic stretches to release muscle tension, reduce injury risk, and promote relaxation, suitable for all levels to enhance posture, athletic performance, and daily movement.

Pilates Fusion: This class offers a unique blend of Pilates and yoga designed to strengthen the core, improve muscle tone, and 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.

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

Yoga Fit, Body & Mind: Embrace this all-levels practice that unites body and mind. "Feel" the pose, the stretch and the movement. No expectations, just meet your body exactly where it's at.

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!