

# GROUP WELLNESS SCHEDULE

## YMCA ALLARD CENTER OF GOFFSTOWN



May 18 – May 24

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 A	Anja
9:30 -10:30am	PiYo	Studio A	Anja
10:00 -10:50am	Zumba Gold®	gymnasium	Jeanne
10:35 -11:25a	Gentle Pilates Fusion	Studio A	Katie
11:30-12:00pm	Gentle Cycling	cycling	Anja
4:15-5:00pm	PilatesFusion	Studio A	Lara

### TUESDAY

5:45- 6:30am	Strength & Conditioning	Studio A	Lara
8:30- 9:30am	Strength Train Together	Studio A	Anja
9:40-10:05am	Core Power	Studio A	Anja
10:30- 10:55am	Low Impact	Studio A	Anja
<b>11:00-11:45am</b>	<b>Fit 4 Life</b>	<b>Studio A</b>	<b>Jeanne</b>
12:00-12:45pm	Chair Yoga	Studio A	Kym
6:00-7:00pm	Zumba	Studio A	Roger

### WEDNESDAY

6:00-6:45am	Cycling	cycling room	Wayne
8:30-9:40am	Yoga for a Flexible Mind	Studio A	Kim
9:45-10:25am	Pilates Fusion	Studio A	Anja
10:00-10:45am	Zumba Toning	gymnasium	Jeanne
10:30 -11:30a	Strength Train Together	Studio A	Anja

### THURSDAY

5:45-6:30am	Core Power	Studio A	Lara
8:30-9:30am	Tabata & Strength	Studio A	Kelly
9:30-10:25am	Strength & Conditioning	Studio A	Joey
10:30 -10:55am	Low Impact	Studio A	Anja
<b>11:00-11:45am</b>	<b>Fit 4 Life</b>	<b>Studio A</b>	<b>Jeanne</b>
5:00 -5:45pm	PilatesFusion	Studio A	Lara
5:45-6:45pm	Strength Train Together	Studio A	Hannah

6:00-7:00pm	Zumba® (F)	gymnasium	Tiffany
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### FRIDAY

6:00-6:45am	Cycling	cycling room	Lara
8:30-9:40am	Yoga for a Flexible Mind	Studio A	Kim
9:45-10:45am	Strength Train Together	Studio A	Anja
10:00-10:50am	Zumba Gold®	gymnasium	Ann
11:00-11:30am	Gentle Power	Studio A	Anja

### SATURDAY

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

### SUNDAY

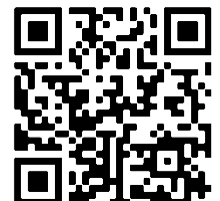
8:15-9:25am	Yoga Fit Body & Mind	Studio C	Carrie
8:30-9:25am	Step & Strength	Studio A	Erica
9:30-10:30am	Strength Train Together	Studio A	Hannah

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/schedules](http://www.graniteymca.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@graniteymca.org

Easily access all of our schedules and class descriptions by visiting [www.graniteymca.org/schedules](http://www.graniteymca.org/schedules) or scanning this QR code



# EXERCISE CLASS DESCRIPTIONS

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## 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!

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

**FIT 4 LIFE:** Designed with beginners, seniors, and those with mobility challenges in mind. Class begins with a low-impact, jointfriendly cardio routine followed by strength exercises, balance work and ends with a series of stretches to enhance flexibility and range of motion. Chairs are provided and incorporated into the class.

**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.

**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.

**Tabata & Strength:** This is a type of high-intensity interval training (HIT) workout that will challenge cardio endurance and all major muscle groups at each class.

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

**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.

**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.

**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!