

# GROUP WELLNESS SCHEDULE YMCA ALLARD CENTER OF GOFFSTOWN



October 5 – November 1

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  | Step & Strength      | 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 PilatesFusion | Studio C | Katie  |
| 11:30-12:00pm | Gentle Cycling       | Studio C | Anja   |
| 4:15-5:00pm   | Core Power           | Studio C | Lara   |

## 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 Power              | Studio C | Anja    |
| 10:30- 10:55am                                                       | Low Impact              | Studio C | Anja    |
| 11:00-11:45am                                                        | Fit 4 Life              | Studio C | Jeanne  |
| 12:00-12:45pm                                                        | Chair Yoga              | Studio C | Kym     |
| <b>(Chair Yoga class discontinued after October 13<sup>th</sup>)</b> |                         |          |         |
| 6:00-7:00pm                                                          | Zumba                   | Studio A | Roger   |
| 6:00- 7:00pm                                                         | Yoga Flow               | Studio C | Felicia |

## WEDNESDAY

|               |                          |          |        |
|---------------|--------------------------|----------|--------|
| 6:00-6:45am   | Cycling                  | Studio C | Wayne  |
| 8:30-9:40am   | Yoga for a Flexible Mind | Studio A | Kim    |
| 8:30-9:25am   | Strength Train together  | Studio C | Anja   |
| 9:30-10:30am  | Pilates Fusion           | Studio C | Anja   |
| 10:00-10:45am | Zumba Toning             | Studio A | Jeanne |
| 5:30-6:30pm   | Yoga Core                | Studio C | Joanna |

## THURSDAY

|               |                         |          |                 |
|---------------|-------------------------|----------|-----------------|
| 5:45-6:30am   | Core Power              | Studio C | Anja            |
| 8:30-9:30am   | Tabata & Strength       | Studio A | Kelly           |
| 9:00-9:25     | TRX Upper Body          | Studio C | Joey            |
| 9:30-10:25am  | Strength & Conditioning | Studio C | Joey            |
| 10:30-10:55am | Low Impact              | Studio C | Anja/<br>Jeanne |

|               |            |          |         |
|---------------|------------|----------|---------|
| 11:00-11:45am | Fit 4 Life | Studio C | Jeanne  |
| 5:00- 5:45pm  | Core Power | Studio A | Lara    |
| 6:00-7:00pm   | Zumba® (F) | Studio A | Tiffany |

## 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  |
| 11:00-11:30am | Gentle Power             | Studio C | Anja |

## SATURDAY

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

## SUNDAY

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

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](mailto: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

---

## 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

**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.

**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.

**Fit 4 Life:** Designed with beginners, seniors, and those with mobility challenges in mind. Class begins with a low-impact, joint friendly 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.

**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!

**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

**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.

**Yoga Core:** Strengthen your core, improve your balance, and enhance your flexibility through a mindful blend of yoga and core-focused movements. This class combines flowing yoga sequences with targeted exercise to build stability, strength, and body awareness. All fitness levels are welcome - come ready to move, breathe, and feel stronger from the inside out.

**Vinyasa 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!