

# GROUP WELLNESS SCHEDULE

## YMCA OF DOWNTOWN MANCHESTER

February 2 – March 1, 2026



### MONDAY

6:15 – 7:00am	Cardio Fusion	Blake Room	Maura
9:00 – 10:00am	Pilates	Studio A	Barb
12:00-1:00pm	Yoga	Studio A	Dan
12:00-1:00pm	Cycle & Core	Cycling Room	Kathy
2:00 – 3:00pm	BX5	Blake Room	Ben
4:45 – 5:45pm	Zumba	Blake Room	Krysten
4:50 – 5:35pm	Hi/Lo Combo	Studio D	Barb
5:00 – 6:00pm	Vinyasa Yoga	Studio A	Kathy
5:30 – 6:30pm	Cycling	Cycling Studio	Kim
6:30 – 7:30pm	Kettlebell Fundamentals	Studio D	Heidi

### TUESDAY

5:45 – 6:25am	TRX	Studio D & Virtual	Kathy
6:45 – 7:45am	Cycling	Cycling Room	Kim
8:00 - 8:45am	Fit 4 Life	Studio D & Virtual	Kathy
9:00 - 9:45am	Fit 4 Life	Studio D & Virtual	Kathy
11:45-12:30pm	Bootcamp	East Gym	Cyndi
5:15 - 6:00pm	Bootcamp	Blake Room	Shane
5:15 – 6:00pm	Pilates	Studio A	Barb

### WEDNESDAY

9:00 – 10:00am	Bootcamp	Blake Room	Kathy
10:15– 11:10am	Gentle Yoga	Studio A	Cindy
12:00 – 1:00pm	Cycle & Core	Cycling Room	Cyndi
2:00 – 3:00pm	BX5	Blake Room	Ben
4:45 – 5:45pm	Zumba	Blake Room	Krysten
5:00 – 6:00pm	Cardio Fusion	Studio D	Tammy
5:45 – 6:45pm	Cycling	Cycling Studio	Elaine
6:00 – 7:00pm	Yoga	Studio A	John

### THURSDAY

5:45 – 6:25am	TRX	Studio D & Virtual	Kathy
6:45 – 7:45am	Cycling	Cycling Room	Kim
8:00 - 8:45am	Fit 4 Life	Studio D & Virtual	Kathy
9:00 - 9:45am	Fit 4 Life	Studio D & Virtual	Kathy
11:45-12:30pm	Bootcamp	East Gym	Cyndi
5:45 – 6:45pm	Yoga	Studio A	Dan
6:30 – 7:30pm	Kettlebell Cardio & Conditioning	Studio D	Heidi

### FRIDAY

9:00 – 10:00am	Bootcamp	Blake Room	Kathy
9:00 – 10:00am	Pilates	Studio A	Barb
4:00 – 5:00pm	Gentle Yoga	Studio A	Ashley
6:00 – 7:00pm	Zumba	Studio D	Roger

### SATURDAY

7:15 – 8:30am	Cycle & Core	Cycling Room	Kim
8:20 – 9:20am	Tabata & Tone	Studio D	Tammy
8:15 – 9:15am	Gentle Yoga	Studio A	Nick
9:15-10:15am	Zumba	Blake Room	Krysten

### SUNDAY

11:00-12:15pm	Yin Yoga*	Studio A	John
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**CHECK OUT OUR POOL SCHEDULE FOR GROUP WATER EXERCISE CLASSES!!!**



Would you like to start participating in a group exercises class, but you're just not sure how to begin?

We're here to help! Contact your Director of Healthy Living, Kathy Raiche-Stephens, and she will guide you through the process.  
P: 603-232-8666

E: [kraiche-stephens@graniteymca.org](mailto:kraiche-stephens@graniteymca.org)

# Exercise Class Descriptions

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## **Cardio Classes**

**CARDIO FUSION:** This class will feature a cardio workout with a little muscle blast and cool down, or interval training.

**CYCLING:** Work at your own pace. Class starts with a warm-up and then through a series of routines, ranging from hill work to sprints, all set to motivating music!

**CYCLE & CORE:** 45 or 60 minute cycling class, followed by 15 minutes of core work.

**HI/LO COMBO:** This heart pumping aerobics class will allow you to achieve a greater overall workout by alternating higher-intensity intervals with lower-intensity recovery intervals.

**TABATA:** This is a high-intensity interval training (HIIT) workout that will challenge your cardio endurance and all major muscle groups at each class.

**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!

## **Strength Based Classes**

**BOOT CAMP:** Boot camp combines aspects of athletic training including power movements, plyometric, and high intensity cardiovascular exercises with all the essential components for a beginner to fit right in.

**KETTLEBELL FUNDAMENTALS:** Come learn the fundamental movement patterns in kettlebell training. Starting with the hinge, you will work through the deadlift, swing, and clean.

**KETTLEBELL CARDIO AND CONDITIONING:** Do you like the kettlebell but only know the deadlift and swing? Try our HIIT-like kettlebell cardio and strength-training class. After attending the Kettlebell Fundamentals come delve deeper into more advanced kettlebell lifts.

**BX5 (BUILD A BETTER BODY BOOT CAMP W/BEN):** Join a trainer in completing intervals and timed pairings of exercises including cardio, strength, balance, and endurance. This class is very adaptive and can be as challenging as you choose.

**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.

**TABATA & TONE:** Sweat, Sculpt, and Strengthen. 45 minutes for cardio, strength, and core Tabatas with a 15 minute mat finish.

**TRX:** Using TRX Suspension Trainers we will leverage gravity and our own bodyweight to perform a variety of exercises. Suspension training exercises develop strength, balance, flexibility, and core stability simultaneously.

## **Mind-Body Classes**

**GENTLE YOGA:** In this class, we will focus on stretching postures, gentle flows and breathing techniques that release stress, reduce tension and promote relaxation through a calm, meditative approach to the practice.

**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!

**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.

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