

GROUP WELLNESS SCHEDULE

YMCA OF DOWNTOWN MANCHESTER

October 6 – November 2 2025



MONDAY

6:15 – 7:00am	Cardio Fusion	Blake Room	Maura
9:00 – 10:00am	Pilates	Studio A	Barb
12:00 – 12:45pm	Group Power	Blake Room	Cyndi
12:00-1:00pm	Yoga	Studio A	Daniel
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 - 12:45pm	Group Power	Blake Room	Kathy
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
6:00 – 7:00pm	Vinyasa Yoga	Studio A	Jason
6:30 – 7:30pm	Kettlebell Cardio & Conditioning	Studio D	Heidi
7:10 - 7:30pm	Intro to Breathwork	Studio A	Jason

FRIDAY

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

Exercise Class Descriptions

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.

GROUP POWER: 45 Minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights, and body weight.

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.

INTRO TO BREATHWORK: Discover the power of your breath in this introductory class designed to help you relieve stress, improve focus, and restore balance. Through simple, guided techniques, you'll learn how conscious breathing can calm your nervous system, boost energy, and support your overall well-being.

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.