GROUP WELLNESS SCHEDULE

Find the class that fits what you need today:

■ MOVE ■ BUILD ■ PERFORM ■ RESTORE

YMCA of Downtown Manchester

MONDAY			
8:30 - 9:15a	Aqua Fitness	Pool	Tom
9:00 - 10:00a	Pilates	Studio A	Barb
10:30 - 11:15a	Aqua Basics	Pool	Traci
12:00 - 1:00p	Yoga	Studio A	Dan
12:00 - 1:00p	Cycle & Core	Cycling Rm	Kathy
2:00 - 3:00p	Total Body Conditioning	Blake Rm	Ben
4:45 - 5:45p	Zumba®	Blake Rm	Krysten
4:50 - 5:35p	Cardio Fusion	Studio D	Barb
5:00 - 6:00p	Vinyasa Yoga	Studio A	Kathy
5:30 - 6:30p	Cycle	Cycling Rm	Kim
6:30 - 7:30p	Kettlebell Basics	Studio D	Heidi

TUESDAY			
5:45 - 6:25a	TRX	Studio D	Kathy
6:45 - 7:45a	Cycle	Cycling Rm	Kim
8:00 - 8:45a	Active Strength & Balance	Studio D	Kathy
9:00 - 9:45a	Active Strength & Balance	Studio D	Kathy
11:45a - 12:30p	Boot Camp	East Gym	Cyndi
5:15 - 6:00p	Boot Camp	Blake Rm	Freddy
5:15 - 6:00p	Pilates	Studio A	Barb
6:30 - 7:30p	Aqua Fitness	Pool	Kerrie

WEDNESDAY			
8:30 - 9:15a	Aqua Fitness	Pool	Robin
9:00 - 10:00a	Boot Camp	Blake Rm	Kathy
10:15 - 11:10a	Gentle Yoga	Studio A	Cindy
10:30 - 11:15a	Aqua Basics	Pool	Catherine
12:00 - 1:00p	Cycle & Core	Cycling Rm	Cyndi
2:00 - 3:00p	Total Body Conditioning	Blake Rm	Ben
4:45 - 5:45p	Zumba®	Blake Rm	Krysten

WEDNESDAY (Cont.)			
5:00 - 6:00p	Cardio Fusion	Studio D	Tammy
5:45 - 6:45p	Cycle	Cycling Rm	Elaine
6:00 - 7:00p	Yoga	Studio A	Terri

THURSDAY			
5:45 - 6:25a	TRX	Studio D	Kathy
6:45 - 7:45a	Cycle	Cycling Rm	Kim
8:00 - 8:45a	Active Strength & Balance	Studio D	Kathy
9:00 - 9:45a	Active Strength & Balance	Studio D	Kathy
11:45a - 12:30p	Boot Camp	East Gym	Cyndi
5:15 - 6:00p	Boot Camp	Blake Rm	Freddy
6:30 - 7:30p	Kettlebell Conditioning	Studio D	Heidi
6:30 - 7:30p	Aqua Fitness	Pool	Kerrie

FRIDAY			
8:30 - 9:15a	Aqua Fitness	Pool	Robin
9:00 - 10:00a	Boot Camp	Blake Rm	Kathy
9:00 - 10:00a	Pilates	Studio A	Barb
10:30 - 11:15a	Aqua Basics	Pool	Catherine
4:00 - 5:00p	Yoga Flow & Restore	Studio A	Joanna
5:30 - 6:30p	Cycle & Core	Cycling Rm	Lily/ Freddy
6:00 - 7:00p	Zumba®	Studio D	Roger

SATURDAY			
7:15 - 8:30a	Cycle & Core	Cycling Rm	Kim
8:15 - 9:15a	Gentle Yoga	Studio A	Nick
8:20 - 9:20a	Tabata	Studio D	Tammy
9:15 - 10:15a	Zumba®	Blake Rm	Krysten

SUNDAY			
8:15 - 9:15am	Cardio Fusion	Studio D	Maura
11:00a - 12:15p	Yin Yoga	Studio A	Terri

Reservations are required for aquatic classes. Schedules are subject to change without notice.
Please visit www.graniteymca.org/schedules or follow us on Facebook for schedule updates.

Questions? Please contact Kathy Raiche-Stephens, Director of Healthy Living at 603.232.8666 or kraiche-stephens@graniteymca.org.

YOUR FOUR FITNESS PATHWAYS

Choose one—or combine all four for a balanced week.

MOVE — Move more. Feel energized.

Active Strength & Balance: A welcoming, lower-impact class that combines cardiovascular movement, strength, balance and flexibility exercises for everyday function. Chair support and modifications are available.

Aqua Basics: An introductory, lower-intensity water class that builds confidence while improving cardiovascular fitness, strength, flexibility and endurance. No previous aquatic exercise experience is needed.

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

BUILD — Build strength for everyday life.

Aqua Fitness: A low-impact, total-body water workout that combines cardiovascular movement and resistance exercises to improve strength, endurance and flexibility. Participants choose the intensity that works for them.

Cardio Fusion: An energizing cardiovascular workout that alternates higher-intensity movement with lower-intensity recovery. Easy-to-follow intervals help improve endurance and overall fitness.

Cycle: Ride at your own pace through hills, sprints and endurance intervals set to motivating music. Participants control their resistance and intensity throughout the workout.

Cycle & Core: Build cardiovascular endurance through a coached cycling workout, then finish with focused core strengthening and stretching. Class length and cycling time may vary by schedule.

Pilates: A total-body, mind-body workout focused on core strength, muscular control, posture and flexibility. Exercises can be modified to support different fitness levels.

Total Body 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.

TRX®: Use body weight and gravity with TRX Suspension Trainers to develop total-body strength, balance, flexibility and core stability. Exercise options allow participants to adjust the challenge.

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.

Yoga: A welcoming, gentle-to-moderate yoga practice using poses, breathing and flowing sequences to support strength, flexibility, balance and relaxation. Options are offered for different experience levels.

Zumba®: An energized dance fitness class featuring Latin and global rhythms with easy-to-follow choreography. Participants build cardiovascular fitness while moving at their own pace and having fun.

PERFORM — Challenge yourself. Train with purpose.

Boot Camp: A full-body, athletic-style workout using intervals, stations and varied equipment to build strength, cardiovascular endurance, agility and mobility. Options allow participants to adjust the challenge.

Kettlebell 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.

Tabata: A high-intensity interval workout using timed rounds of 20 seconds of work and 10 seconds of recovery to challenge cardiovascular endurance and major muscle groups. Exercise options are provided.

RESTORE — Improve mobility. Reset body and mind.

Gentle Yoga: A slower-paced, mindful yoga practice using gentle poses, breathing and stretching to improve flexibility, release tension and promote relaxation. Options make the practice accessible to a wide range of abilities.

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 Flow & Restore: A balanced practice that blends the dynamic movement of Vinyasa with the deep, stillness-oriented relaxation of Restorative Yoga. This combination is designed to harmonize the body and mind by first building gentle heat and then surrendering into a deep state of rest.