

GROUP WELLNESS SCHEDULE

YMCA OF DOWNTOWN MANCHESTER



September 9 – October 6, 2024

MONDAY

12:00-1:00pm	Yoga	Studio A	Nick
12:00-12:45pm	Cycling	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	East Gym & Virtual	Kathy
6:45 – 7:45am	Cycling	Cycling Room	Kim
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
5:45 – 6:45pm	Cycling	Cycling Studio	Elaine

WEDNESDAY

9:00 – 10:00am	Bootcamp	Blake Room	Kathy
10:15– 11:10am	Gentle Yoga	Studio A	Cindy
12:00 – 12:45pm	Cycling	Cycling Room	Cyndi
12:00-1:00pm	Strength Train Together	Blake Room	Kathy
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
6:00 – 7:00pm	Yoga	Studio A	John

THURSDAY

5:45 – 6:25am	TRX	East Gym & Virtual	Kathy
6:45 – 7:45am	Cycling	Cycling Room	Kim
9:00 - 9:45am	Fit 4 Life	Studio D & Virtual	Kathy
11:45-12:30pm	Bootcamp	East Gym	Cyndi
4:45 – 5:45pm	Cardio Fusion	Studio D	Maura
5:30-6:15pm	Pilates w/ Stability Ball	Studio A	Felicia
6:00 – 7:00pm	Cycling	Cycling Studio	Katie
6:30 – 7:30pm	Kettlebell Cardio & Conditioning	Studio D	Heidi

FRIDAY

9:00 – 10:00am	Pop Pilates	Studio D	Shannon
*Last Class will be 9/13			
4:00 – 5:00pm	Gentle Yoga	Studio A	Alyson
6:00 – 7:00pm	Zumba	Studio D	Roger

SATURDAY

7:15 – 8:15am	Cycling	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

8:30-9:30am	Iron Strength	Studio D	Maura
11:00-12:15pm	Yin Yoga*	Studio A	John

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

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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!

HIGH FITNESS: Think old school aerobics but bigger, better and higher! A fun fitness class that incorporates interval training with pop music and intense easy-to-follow fitness choreography.

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.

IRON STRENGTH: Build lean muscle in this strength training class. You'll squat, push-up, and plank your way to total-body wellness with routines that sculpt and tone every muscle in your body. You choose what size weights work for you.

POP PILATES: Pop Pilates takes classical pilates to the next level by challenging students to rhythmically flow from one exercise to the next, developing a rock-solid core and leaving no muscle untouched.

STRENGTH TRAIN TOGETHER: 60 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.

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!

PILATES W/ STABILITY BALL: Core strengthening Pilates class with some yoga infusion using a stability ball and the mat.

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.