

# GROUP WELLNESS SCHEDULE YMCA OF THE SEACOAST

Summer 2024



## MONDAY

7:00-7:45am	Indoor Cycle	Wendy
8:00-8:50am	Every Body's Barre Pilates	Rebecca
9:05-9:55am	Tabata	Allison
10:10-11:00am	Zumba®	Katie
11:15-12:05pm	Fit for Life	Rebecca

## TUESDAY

7:00-7:45am	Indoor Cycle	Maggie
8:00-8:50am	Tai Chi	Mike
9:05-10:05am	Muscle Mix/Pilates	Kelli
10:20-11:00am	Cardio Dance	Kelli
11:15-12:00pm	Chair Yoga	Kelli
12:15-1:15pm	Strength Train Together®	Maggie
4:30-5:15pm	Zumba	Adrienne
5:30-6:30pm	Strength Train Together®	Susan

## WEDNESDAY

7:00-7:45am	Indoor Cycle	Wendy
8:00-8:50am	Yoga	Kathryn
9:05-9:55am	Core Strength & Balance	Kathryn
10:10-11:00am	Zumba®	Orfy
11:15-12:05pm	Yogalates	Maryjean

## THURSDAY

8:00-8:50am	Muscle Mix	Sue
9:05-9:55am	Yoga	Sue
10:10-11:10am	TRX	Maggie
11:15-11:55am	Chair Yoga	Felice
12:15-1:15pm	Strength Train Together®	Maggie
5:30-6:30pm	Strength Train Together®	Susan

## FRIDAY

7:00-7:45am	Indoor Cycle	Wendy
8:00-8:50am	Yoga	Felice
9:00-9:50am	Core Strength & Balance	Maggie
10:10-11:10am	Strength Train Together®	Maggie
11:15-12:00pm	Fit for Life	Wendy

## SATURDAY

8:15-9:15am	Strength Train Together®	Alyssa/ Susan
9:30-10:30am	Zumba®	Orfy
10:30-11:00am	Core on the Floor	Orfy

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:

**Maggie Walsh Lazzaro**  
*Director of Healthy Living*  
603-431-2334  
mwalsh@graniteymca.org

Easily access all of our Schedules and class descriptions by scanning this QR code



Or visit [www.graniteymca.org/schedules](http://www.graniteymca.org/schedules)

# EXERCISE CLASS DESCRIPTIONS

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## Cardio Classes

**Cardio Dance:** Move your body to music and have fun in this cardio-based dance class. The instructor will guide you through the steps along the way and offer options for all levels.

**Fit for 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, and ends with a series of stretches to enhance flexibility and range of motion. Chairs are provided and incorporated into the class.

**Zumba®:** Combines high dance energy and motivational music with unique/fun moves and combinations that allow participants to dance their way to fitness.

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

**Indoor Cycling:** Work at your own pace. Class starts with a warmup and goes through a series of routines ranging from hill work to sprints, all set to motivating music.

## 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 of the floor. Using the chair, yoga poses become more accessible. Learn proper mechanics and achieve relaxation during this safe, effective, and fun practice.

**Tai Chi:** The ancient Martial Art is made up of a series of poses that flow together forming a walking exercise routine. This series of movements focuses on balance, strength and the mind. Also provides a moving meditation which has a calming and relaxing effect. All levels are welcome.

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

**Yogalates:** Experience a gentle-to-moderate, welcoming practice that combines yoga and Pilates for a full body toning class that will condition both your mind and body. Designed for all fitness levels, modifications will be provided.

## Strength-Based Classes

**Every Body's Barre Pilates:** A low intensity Pilates-based mat class to improve core strength, body awareness, balance, flexibility, posture, and bone density.

**Core Strength & Balance:** Stay safe and active this year by avoiding slips and falls. This class will progress slowly, allowing everyone to build on individual strengths progressively. Exercises are designed to help you age gracefully by strengthening core muscles to improve balance and posture.

**Muscle Mix:** Increase your strength, range of motion and stability in a group class setting. Uses free weights, resistance tubing, and body weight to build strength and boost metabolism.

**Muscle Mix/Pilates:** Improve total-body muscular strength and endurance in this tempo-driven, resistance training class. Finish with 20 minutes of Pilates. Options are available for all levels.

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

**Core on the Floor:** A 30 minute core workout that will target your abdominals and oblique's. Exercises will take place on the floor on a yoga mat and multiple options/modifications will be provided for each.

**Strength Train Together:** This is a one-hour, cutting-edge strength training workout designed to get you muscle 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!