GROUP WELLNESS SCHEDULE

Find the class that fits what you need today:

■ MOVE ■ BUILD ■ PERFORM ■ RESTORE

YMCA of the Seacoast
November 2026

Last revised 10/27/26

MONDAY		
8:00 - 8:50 am	Strength & Balance ■	Rebecca
9:00 - 9:50 am	Tabata ■	Allison
10:00 - 10:50 am	Zumba® ■	Katie
11:15am - 12:00pm	Active Strength & Balance ■	Rebecca
5:30 - 6:30 pm	Step & Strength ■	Courtney D

TUESDAY		
8:00 - 8:50 am	Tai Chi ■	Mike
9:00 - 10:00 am	Strength & Pilates ■	Kelli
10:15 - 11:00 am	Cardio Dance ■	Kelli
11:15 am - 12:00 pm	Chair Yoga ■	Kelli
12:15 - 1:15 pm	Strength Train Together® ■	Maggie
5:15 - 6:15 pm	Strength Train Together® ■	Susan
6:30 - 7:30 pm	Yoga ■	Kris

WEDNESDAY		
8:00 - 8:50 am	Yoga ■	Kathryn
9:00 - 9:50 am	Strength & Balance ■	Kathryn
10:00 - 10:50 am	Zumba® ■	Orfy
11:15 am - 12:15 pm	Pilates Fusion ■	Maryjean
5:30 - 6:20 pm	Cycle ■	Jen

THURSDAY		
8:00 - 8:50 am	Total Body Strength ■	Maggie
9:00 - 10:00 am	Yoga ■	Kris
10:15 - 11:00 am	TRX® ■	Maggie
11:15 am - 12:00 pm	Chair Yoga ■	Kris
12:15 - 1:15 pm	Strength Train Together® ■	Maggie
4:00 - 5:00 pm	Zumba® ■	Adrienne
5:15 - 6:15 pm	Strength Train Together® ■	Susan
6:30 - 7:30 pm	Yoga ■	Kris

FRIDAY		
8:00 - 8:50 am	Yoga ■	Ruth
9:00 - 9:50 am	Strength & Balance ■	Denise
10:00 - 11:00 am	Total Body Conditioning ■	Denise
11:15 am - 12:00 pm	Active Strength & Balance ■	Meg

SATURDAY		
8:30 - 9:30 am	Strength Train Together® ■	Susan
9:45 - 10:45 am	Zumba® ■	Orfy

SUNDAY		
9:45 - 10:45 am	Zumba® ■	Orfy

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 Maggie Walsh Lazarro, Director of Healthy Living
at 603.431.2334 or mwalsh@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.

Chair Yoga: Experience the benefits of yoga through seated and standing poses supported by a chair. This accessible practice promotes flexibility, balance, body awareness and relaxation without requiring participants to move to the floor.

Strength & Balance: Build the strength, core control and stability needed for balance and everyday movement through progressive standing and supported exercises. A chair may be used for assistance.

BUILD — Build strength for everyday life.

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.

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.

Pilates Fusion: This class offers a unique blend of Pilates and yoga designed to strengthen the core, improve muscle tone, and increase flexibility.

Strength & Core: Both full-body functional exercises and isolated-combined movements give you a complete body workout. Class utilizes weights and a variety of accessories. Open to beginners.
Strength & 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.

Step & Strength: Combine easy-to-follow, progressive step routines with resistance training for a complete cardiovascular and strength workout. Equipment and intensity options support different fitness levels.

Strength Train Together®: This is a one-hour, cutting-edge strength training workout designed to get your 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. Please arrive 5-10 minutes early to give you time to set up your equipment!

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.

Total Body Strength: Build total-body muscular strength and endurance using weights, resistance bands and body weight, with an emphasis on proper form, controlled movement and options for all levels.

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.

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.

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 Pilates Fusion: Revitalize your body, relax your mind, and reduce stress with slow, gentle Pilates exercise to increase your strength and flexibility. Ideal for beginners of any age or physical condition or experienced students who want a slower paced, less strenuous class.

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.