

# GROUP WELLNESS SCHEDULE YMCA OF THE SEACOAST



Last revised 9/10/26

## MONDAY

|               |                      |            |
|---------------|----------------------|------------|
| 8:00-8:50am   | Strength for Balance | Rebecca    |
| 9:00-9:50am   | Tabata               | Allison    |
| 10:00-10:50am | Zumba®               | Katie      |
| 11:15-12:00pm | Fit for Life         | Rebecca    |
| 5:30-6:30pm   | Step & Strength      | Courtney D |

## TUESDAY

|               |                          |        |
|---------------|--------------------------|--------|
| 8:00-8:50am   | Tai Chi                  | Mike   |
| 9:00-10:00am  | Muscle Mix/Pilates       | Kelli  |
| 10:15-11:00am | Cardio Dance             | Kelli  |
| 11:15-12:00pm | Chair Yoga               | Kelli  |
| 12:15-1:15pm  | Strength Train Together® | Maggie |

|             |                          |       |
|-------------|--------------------------|-------|
| 5:15-6:15pm | Strength Train Together® | Susan |
| 6:30-7:30pm | Yoga Fitness             | Kris  |

## WEDNESDAY

|               |                         |          |
|---------------|-------------------------|----------|
| 8:00-8:50am   | Yoga                    | Kathryn  |
| 9:00-9:50am   | Core Strength & Balance | Kathryn  |
| 10:00-10:50am | Zumba®                  | Orfy     |
| 11:15-12:15pm | Yogalates               | Maryjean |
| 5:30-6:20pm   | Indoor Cycle            | Jen      |

## THURSDAY

|               |                          |          |
|---------------|--------------------------|----------|
| 8:00-8:50am   | Muscle Mix               | Maggie   |
| 9:00-10:00am  | Yoga                     | Kris     |
| 10:15-11:00am | TRX                      | Maggie   |
| 11:15-12:00pm | Chair Yoga               | Kris     |
| 12:15-1:15pm  | Strength Train Together® | Maggie   |
| 4:00-5:00pm   | Zumba                    | Adrienne |
| 5:15-6:15pm   | Strength Train Together® | Susan    |
| 6:30-7:30pm   | Yoga Fitness             | Kris     |

## FRIDAY

|               |                          |        |
|---------------|--------------------------|--------|
| 8:00-8:50am   | Yoga                     | Ruth   |
| 9:00-9:50am   | Core Strength & Balance  | Maggie |
| 10:00-11:00am | Strength Train Together® | Maggie |
| 11:15-12:00pm | Fit for Life             | Meg    |

## SATURDAY

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

## SUNDAY

|               |       |            |
|---------------|-------|------------|
| 10:00-10:50am | Zumba | Courtney M |
|---------------|-------|------------|

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](mailto: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 exercises and stretches that help build strength, balance/stability and increase 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.

**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.

**Yoga Fitness:** Open to all levels, our practice for Yoga Fitness starts with basic asanas and builds to enhance your workout with increasing modifications from Hatha, Kripalu, Yin and Qigong Yoga to find your fullest expression, with mindful stretching and breathing for flexibility, balancing, and strengthening, as well as relaxation for stress management and equanimity.

## Strength-Based Classes

**Strength for Balance:** Learn easy, evidenced-based activities to strengthen the muscles for balance using body weight, stability balls, walls, mats, etc. A chair can be used for support.

**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.

**Tabata:** 8 rounds of timed intervals (20 seconds on, 10 seconds rest) that will bring you through a full body strength routine.

**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. Please arrive **5-10 minutes early** to give you time to set up your equipment!

**Step & Strength:** This class combines progressive step routines with resistance training for a complete cardio and strength workout. A variety of equipment including steps, dumbbells and bands will be utilized to get your heart pumping and leave no muscle untouched!