



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

JULY 11TH - AUGUST 27TH

MON	TUES	WED	THURS	FRI	SAT
	YOGA Tiffany 7-7:45am		YOGA Tiffany 7-7:45am		INDOOR CYCLING Deidre 8-9am cycle room
YOGA Eileen 8-9am	PILATES Genia 9-10am	YOGA Eileen 8-9am		YOGA Eileen 8-9am	YOGA Kim/Cheryl 8-9am
CHAIR YOGA Eileen 9:15-10:30am	ZUMBA Genia 10:15-11:15am	BARRE Genia 9:30-10:45am	ZUMBA GOLD Jacqui 10-11am	PILATES Genia 9:30-10:30am	
BARRE Jacqui 11am-12pm	ACTIVE AGING Rita 11:30-12:15pm	EVERY AGE STRETCH Candee 11-12pm		ACTIVE AGING NO CLASS 7/21 Rita 11:30-12:15pm	EVERY AGE STRETCH Candee 12:10-12:55pm
	YOGA Cheryl 5-6pm				

- All classes are held **INSIDE** the big room (with the A/C) near the side exit door. Please check in and head back outside to the side door for entry
- Please bring your own equipment. (mats, blocks, etc.)
- Reservations are required for INDOOR CYCLE only.
- ymcasc.org/schedules-group-ex-classes-find-all-your-classes-here-click-on-that/

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE AGING: focuses on strength training, balance, and coordination. Class is based on participants and their activity level. Participants can sit or stand, use weights that are appropriate, and don't forget your water!

BARRE: Barre is a full body balanced workout combining strength, conditioning, balance, and cardio through a fusion of dance inspired exercises, Pilates, and yoga. Goal: to build strong bodies and minds and have FUN! Props include but not limited to small resistance balls, handheld weights, resistance bands, sliders, poles, chair and Barre.

CHAIR YOGA: Think of the chair as a very large yoga block. Yoga poses are adapted through creative use of the chair to work on breathing, balance, and self-awareness. Poses are performed both seated and standing using the chair for support. This class is suitable for all ages and fitness levels.

EVERY-AGE STRETCH: Based on the fitness technique Essentrics, this class will feature a full body workout touching on balance, strength and stretching exercises, both standing and using a chair.

INDOOR CYCLING: 45-minute cycling on Keiser indoor cycling bike. Class includes warm-up, cool down, and various intensity of hills, sprints, endurance, climbs and flat roads. Upbeat, fun music varies from class to class.

PILATES: A full body exercise method that strengthens your muscles, stabilizes your core, and can improve flexibility, mobility, and posture. Focusing on breath, exercises are meant to be performed with concentration, control, precision, centering and flow. Pilates can be executed on a mat, standing, and seated. Equipment or props used include small and large resistance balls, resistance bands, handheld weights, sliders, poles, and the Pilates Magic (resistance) Ring.

YOGA: A combination of dynamic postures which help to develop balance, coordination, flexibility, and strength. With the added relaxation techniques and mindful meditation, you will come away feeling refreshed. These classes are appropriate for all ages and fitness levels.

Zumba Gold: A fun way to shape up and get fit! It is a Latin-inspired dance fitness party, tailored to active older adults, or anyone who is a beginner to Zumba. The class is high energy and low impact. A variety of rhythms are featured featuring merengues, salsa, cumbia, flamenco, and world rhythms. There is a focus on improving range of motion, balance and stability and posture. This is a great cardio workout that is easy to follow and enjoy!