



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DARTMOUTH YMCA

## GROUP EXERCISE SCHEDULE

### THANKSGIVING WEEK NOVEMBER 21ST - 26TH

MON	TUES	WED	THURS	FRI	SAT
	<b>ACTIVE AGING</b> Rita 9:30 -10:15pm Y CLOUD	<b>INDOOR CYCLE</b> Deidre 8-9am cycle room	<b>HAPPY THANKSGIVING</b> OPEN 7-11AM		<b>INDOOR CYCLE</b> Deidre 8-9am cycle room
	<b>PILATES</b> Genia 9-10am multipurpose room		<b>INDOOR CYCLE</b> Deidre 8-9am cycle room	<b>YOGA</b> Tiffany 8:30-9:30am multipurpose room	<b>YOGA</b> Kim 8-9am multipurpose room
	<b>ZUMBA</b> Genia 10:15-11:15am multipurpose room	<b>BARRE</b> Genia 9:45-10:45am multipurpose room	<b>YOGA</b> Kim 9-10am multipurpose room	<b>PILATES</b> Genia 9:30-10:30am multipurpose room	
<b>BARRE</b> Jacqui 11am-12pm multipurpose room		<b>STRETCH</b> Candee 11-12pm multipurpose room		<b>ACTIVE AGING</b> Rita 11:30 -12:15pm multipurpose room	<b>STRETCH</b> Candee 12:10-12:55pm multipurpose room
	<b>YOGA</b> Cheryl 5:45-6:45pm multipurpose room				

- Please bring your own equipment. (mats, blocks, etc.)
- 8:30am yoga-please check in and go to the side door for entrance to class
- Reservations are required for INDOOR CYCLE only.
- [ymcasc.org-schedules-signup](http://ymcasc.org-schedules-signup) for classes-click on that!
- YCLOUD-sign in with your key tag #

## **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!