



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# DARTMOUTH YMCA

## GROUP EXERCISE SCHEDULE

### STARTING JANUARY 23RD

MON	TUES	WED	THURS	FRI	SAT
					<b>INDOOR CYCLING</b>  Deidre 8-9am cycle room
<b>YOGA</b> Eileen 8:30-9:30am	<b>PILATES</b> Genia 9-10am	<b>YOGA</b> Eileen 8:30-9:30am	<b>YOGA</b> Kim 9-9:55am	<b>YOGA</b> Eileen 830-9:30am	<b>YOGA</b> Cheryl 8-9am
<b>CHAIR YOGA</b> Eileen 9:45-10:45am	<b>ZUMBA + TONING + STEP</b> Genia 10:15-11:15am	<b>BARRE</b> Genia 9:45-10:45am	<b>ZUMBA GOLD</b> Jacqui 10-11am	<b>PILATES</b> Genia 9:45-10:45am	
<b>BARRE</b> Jacqui 11am-12pm	<b>ACTIVE AGING</b> Rita 1-1:45pm	<b>EVERY AGE STRETCH</b> Candee 11-12pm	<b>EVERY AGE STRETCH</b> Candee 1-2pm	<b>ACTIVE AGING</b> Rita 11:30-12:15pm	<b>EVERY AGE STRETCH</b> Candee 12:10-12:55pm
	<b>YOGA</b> Cheryl 5:45-6:45pm		<b>BALLROOM/LATIN LINE DANCE</b> Tiffany 5:45-6:30pm		

- 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!

**BALLROOM/LATIN LINE DANCE:** Learn your favorite and Latin line dances including Cha Cha, Hustle, Swing, Samba, Tango, etc. This is an ideal workout to burn calories while dancing to great music and having fun! No partner needed. Beginners are welcome.

**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!

**Zumba with Zumba Toning & Zumba Step:** This dance fitness class using Latin and World Rhythms, is a blend of classic Zumba, Zumba Toning and Zumba Step. It is a high energy, low impact, total workout, combining all elements of fitness - Cardio, Muscle Conditioning, Balance and Flexibility. The use of Zumba Toning Sticks, or light weights, adds resistance to tone the core and upper and lower body, while also enhancing sense of rhythm and coordination. Zumba Step uses a "step" to increase cardio and calorie burning, while adding moves targeting the core, glutes and legs.