



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

FEBRUARY 6TH – FEBRUARY 18TH

MON	TUES	WED	THURS	FRI	SAT
YOGA Eileen 8:30-9:30am	PILATES Genia 9-10am	YOGA Eileen 8:30-9:30am	YOGA Kim 9-9:55am	YOGA Eileen 8:30-9:30am	INDOOR CYCLING Deidre 8-9am cycle room
CHAIR YOGA Eileen 9:45-10:45am	ZUMBA + TONING + STEP Genia 10:15-11:15am	BARRE Genia 9:45-10:45am	ZUMBA GOLD Jacqui 10-10:55am	PILATES Genia 9:45-10:45am	YOGA Cheryl 8-9am
BARRE Jacqui 11am-12pm	ACTIVE AGING NO CLASS 2/14 Rita 1-1:45pm	EVERY AGE STRETCH Candee 11-12pm	YOGA Emily 11-12pm	ACTIVE AGING RITA IS ON VACATION	EVERY AGE STRETCH Candee 12:10-12:55pm
BEGINNER BOOT CAMP Troy 12:30-1pm		BOOT CAMP Troy 12:30-1:30pm	EVERY AGE STRETCH Candee 1-2pm	BOOT CAMP Troy 12:30-1:30pm	
	YOGA Cheryl 5:45-6:45pm		BALLROOM/LATIN LINE DANCE 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 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.

BOOT CAMP: Open format program that focuses on calisthenics, body weight exercises and cardio.

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.