



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

DARTMOUTH YMCA GROUP EXERCISE SCHEDULE

STARTING WEEK OF OCTOBER 30TH

| MON | TUES | WED | THURS | FRI | SAT |
|--|--|--|--|---|--|
| | YOGA Kim 7-7:45am | | YOGA Tiffany 7-7:45am | | INDOOR CYCLING Deidre 8-9am cycle room |
| YOGA Eileen (Emily 10/30) 8:30-9:30am | PILATES STARTS 11/7 Genia 9-10am | YOGA Eileen (Cheryl 11/1) 8-9am | YOGA Emily 8:30-9:30am | YOGA Eileen 8-9am | |
| CHAIR YOGA STARTS 11/6 Eileen 9:45-10:45am | ACTIVE AGING Rita 9-9:45am CHILDCARE SIDE | CHAIR YOGA Cheryl 9-10am CHILDCARE SIDE | ACTIVE AGING Rita 9-9:45am CHILDCARE SIDE | PILATES Genia 9:30-10:30am | |
| BARRE OSTEO-FRIENDLY Jacqui 11am-11:50pm | ZUMBA + TONING + STEP STARTS 11/7 Genia 10:15-11:15am | BARRE Genia 9:30-10:30am | ZUMBA GOLD Jacqui 10-10:50am | | EVERY AGE STRETCH Candee 12:10-12:55pm |
| | YOGA Cheryl 5-6pm | EVERY AGE STRETCH Candee 11-12pm | EVERY AGE STRETCH Candee 1-2pm | | |

- Please bring your own equipment. (mats, blocks, etc.)
- Reservations are required for INDOOR CYCLE only.
- ymcasc.org-schedules-signup for classes-click on that!
- YCLOUD-sign in with your key tag #
- Classes on the childcare side MUST check in at the welcome center
- Classes on the group ex side should use the upstairs bathrooms

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.

BARRE OSTEO-FRIENDLY: A low impact workout focusing on improving strength, bone density, balance, joint health & FUN. Class may include resistance training, low impact kick boxing, resistance bands, movement & mat routines. There is no bending, rounding, or twisting of the spine. This class is formatted for Active Older Adults at risk for osteoporosis & osteoarthritis.

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!