



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# DARTMOUTH YMCA

## GROUP EXERCISE SCHEDULE

### MAY 13TH - JUNE 22ND

MON	TUES	WED	THURS	FRI	SAT
	<b>YOGA</b> Kim 7-7:45am		<b>YOGA</b> Tiffany 7-7:45am		<b>INDOOR CYCLE</b> Deidre 8-9am cycle room
<b>YOGA</b> Eileen 8:30-9:30am	<b>PILATES</b> Genia 9-10am	<b>YOGA</b> Eileen 8-9am	<b>YOGA</b> Emily 8:30 -9:30am	<b>YOGA</b> Eileen 8-9am	<b>WEEKEND WEIGHTS</b> Erica 9-10am
<b>CHAIR YOGA</b> Eileen 9:45-10:45am	<b>BOOMER BEATS</b> Rita 9-9:45am <b>CHILDCARE SIDE</b>	<b>CHAIR YOGA</b> Cheryl 9-10am <b>CHILDCARE SIDE</b>	<b>BOOMER BEATS</b> <small>5/16, 5/23, 6/6 NO RITA</small> Rita 9-9:45am <b>CHILDCARE SIDE</b>	<b>PILATES</b> Genia 9:30-10:30am	
<b>PERK UP YOUR POSTURE</b> Jacqui 10:15-10:45AM <small>NO CLASS 4/22 &amp; 5/13</small>	<b>ZUMBA + TONING + STEP</b> Genia 10:15-11:15am	<b>BARRE</b> Genia 9:30-10:30am	<b>ZUMBA GOLD</b> Jacqui 10-10:50am		<b>EVERY AGE STRETCH</b> Candee 12:10-12:55pm
<b>BARRE OSTEO-FRIENDLY</b> Jacqui 11am-11:55pm	<b>YOGA</b> Cheryl 5-6pm	<b>EVERY AGE STRETCH</b> Candee 11-12pm	<b>EVERY AGE STRETCH</b> Candee 1-2pm		

- Please bring your own equipment. (mats, blocks, etc.)
- Reservations are required for INDOOR CYCLE only.
- [ymcasc.org-schedules-signup](http://ymcasc.org-schedules-signup) for classes-click on that!
- 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**

**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.

**BOOMER BEATS:** (formerly known as active aging) Balance, Energy, Activity Through Strength. 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 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.

**PERK UP YOUR POSTURE:** Osteo Friendly! Better posture is often just a matter of being aware of your body as you move through your routine day. Modern daily activities like working on a computer, slouching on a couch while watching TV, & looking down at a smart phone are changeable habits. This essential class is for everyone. We will perform corrective exercises for both posture and balance in standing position & using a chair. The pace is nice & slow so we can focus on our movements, target the appropriate muscles, & see results!

**WEEKEND WEIGHTS:** Let's strengthen those bones and core for a strong, balanced and healthy body. Starting with core exercises and working your way through a total body workout using weights appropriately matched with each individual.

**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!