



DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

SEPTEMBER 2025

MON

TUES

WED

THURS

FRI

SAT

YOGA

Kim
7-7:45am

POWER CIRCUIT

Dyana
7-7:45am

YOGA

Tiffany
7-7:45am

INDOOR CYCLING

Deidre
8-8:45am
cycle room

YOGA

Eileen
8:30-9:30am

PILATES
NO CLASS 9/2

Genia
9-10am

YOGA

Eileen
8-9am

YOGA

Emily
8:30-9:30am

YOGA

Caitlyn
8-9am

YOGA
NO CLASS 9/13

Caitlyn
8-8:45am

CHAIR YOGA

Eileen
9:45-10:45am

BARRE

Genia
9:30-10:30am

PILATES

Genia
9:30-10:30am

WEEKEND WEIGHTS
NO CLASS 9/27

Erica
9-10am

**BALANCE AND
POSTURE FLOW**
CHILDCARE SIDE

Dyana
9:15-10:00am

ZUMBA
NO CLASS 9/2

Genia
10:15-11:15am

ZUMBA GOLD

Jacqui
10-10:55am

POWER CIRCUIT
NO CLASS 9/19

Dyana
11-11:45am

SEAT

Jacqui
11am-11:45am

WEEKLY WEIGHTS
NO CLASS
9/16 & 9/30

Erica
11:30-12:30pm

EVERY AGE STRETCH

Candee
12-1pm

EVERY AGE STRETCH

Candee
12-1pm

EVERY AGE STRETCH

Candee
12-12:45pm

INDOOR CYCLING

Sue
6-7pm
cycle room

Dartmouth YMCA hours
Monday - Friday 7am - 7 pm
Saturday 8am - 1pm

Monday Labor Day Closed

- **Please bring your own equipment (mats, blocks, etc)**
- **Reservations are required for INDOOR CYCLE only**
- **[ymcasc.org-schedules-sign up for classes-click on that](https://ymcasc.org/schedules-sign-up-for-classes)**
- **Classes on the CHILDCARE side MUST check in at the welcome center**

GROUP EXERCISE CLASS DESCRIPTIONS

BALANCE & POSTURE FLOW: Improve your posture, enhance your stability and move with greater confidence. This low- impact class is designed to increase body awareness and develop better balance through controlled movements and gentle stretches. Suitable for all fitness levels, this class is especially beneficial for anyone looking to reduce tension, prevent falls, or simply stand taller and feel more grounded.

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.

POWER CIRCUIT: A circuit training class where participants perform a series of exercises back to back with minimal rest between each station. This class targets multiple muscle groups and elevates the heart rate to improve both cardiovascular fitness and muscular endurance.

S.E.A.T. (Supported Exercise for Ageless Training) is an evidence-based, chair-assisted, functional fitness workout incorporating unique, pre-formatted choreography for a fun, socially engaging total body low-impact workout.

WEEKLY/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/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 meringues, 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!