DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

DECEMBER 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 12/16 Genia 9-10am	**YOGA** Eileen 8-9am	**YOGA** Emily 8:30-9:30am	**YOGA** NO CLASS 12/26 Caitlin 8-9am	**YOGA** Caitlin 8-8:45am
CHAIR YOGA Eileen 9:45-10:45am		**BARRE** NO CLASS 12/24 &31 Genia 9:30-10:30am		**PILATES** NO CLASS 12/19 Genia 9:30-10:30am	
BALANCE AND POSTURE FLOW CHILDCARE SIDE Dyana 9:15-10:00am	**ZUMBA** NO CLASS 12/16 Genia 10:15-11:15am		**ZUMBA GOLD** Jacqui 10-10:55am	**POWER CIRCUIT** Dyana 11-11:45am	
S.E.A.T Jacqui 11-11:45am	**DRUM FOR FUN** Robin 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		**YOGA BEYOND THE ASANA** 12/10 ONLY Caitlin 5-5:45pm			

Dartmouth YMCA Hours

Monday - Friday	7am-7pm
Saturday	8am-1pm
Christmas & NYs Eve	7am-12 noon
Christmas & NY Day	CLOSED

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.

DRUM FOR FUN: Drum fitness brings together a riser, stability ball, and drum sticks to make up one of the most fun classes you will take! Using the ball and floor as your drum, you will help strengthen your upper body and raise your heart rate.

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 total body exercise method that strengthens your muscles, stabilizes your core, and can improve flexibility, mobility, posture, and balance. Focusing on breathing, exercises are meant to be performed with concentration, control, precision, centering, and flow. Equipment or props used include small and large resistance balls, long resistance bands and loops, handheld weights, sliders, poles, and the Pilates Magic (resistance) Ring. Includes body weight on knees, wrists, shoulders, and hips. This class is performed on a yoga/Pilates mat. It is recommended that participants bring their personal mats.

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.

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.

YOGA BEYOND THE ASANA: This class will be held every other week. This class will explore other limbs of yoga through guided meditation and sound healing, with movement being optional. You will be welcome to lay down, sit in a chair, or move as you feel called to while receiving high light vibrations and guided imagery. All are welcome. Please bring anything you need to be comfortable on the floor or in a chair.

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!