



# DARTMOUTH YMCA

## GROUP EXERCISE SCHEDULE

### APRIL 2026

MON	TUES	WED	THURS	FRI	SAT
	<b>YOGA</b>  Kim 7-7:45am	<b>POWER CIRCUIT</b>  Dyana 7-7:45am	<b>YOGA CLASS ONLY</b> <b>4/2, 4/9 &amp; 4/30</b>  Tiffany 7-7:45am		<b>INDOOR CYCLING</b>  Deidre 8-8:45am
<b>YOGA</b>  Eileen 8:30-9:30am	<b>PILATES CLASS ONLY 4/7</b>  Genia 9-10am	<b>YOGA</b>  Eileen 8-9am	<b>YOGA</b>  Cheryl 8:30-9:30am	<b>YOGA</b>  Caitlin 8-9am	<b>YOGA</b>  Caitlin 9-9:45am
<b>CHAIR YOGA</b>  Eileen 9:45-10:45am	<b>ZUMBA CLASS ONLY 4/7</b>  Genia 10:15-11:15am	<b>BARRE CLASS ONLY 4/1 &amp; 4/8</b>  Genia 9:30-10:30am	<b>ZUMBA GOLD</b>  Jacqui 10-10:55am	<b>PILATES CLASS ONLY 4/10</b>  Genia 9:30-10:30am	
<b>BALANCE AND POSTURE FLOW</b> <b>CHILDCARE SIDE</b>  Dyana 9:15-10:00am	<b>CORE &amp; MORE STARTS ON 4/14</b>  Robin 10:30-11:15am		<b>CHAIR YOGA</b>  Cheryl 11-11:45am	<b>POWER CIRCUIT</b>  Dyana 11-11:45am	
<b>S.E.A.T</b>  Jacqui 11am-11:45am	<b>DRUM FOR FUN</b>  Robin 11:30-12:30pm	<b>EVERY AGE STRETCH</b>  Candee 12-1pm	<b>EVERY AGE STRETCH</b>  Candee 12-1pm		<b>EVERY AGE STRETCH</b>  Candee 12-12:45pm
<b>INDOOR CYCLING</b>  Sue 6-7pm		<b>DANCE CLASS CLASS ONLY 4/15</b>  Tiffany 5-5:45pm	<b>INDOOR CYCLING</b>  Sue 6-7pm		

**Dartmouth YMCA Hours**

Monday - Friday 6am-7pm  
 Saturday 8am-1pm

**\*CLASS REGISTRATIONS HIGHLY ENCOURAGED\***

**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.

**CORE AND MORE:** This class focuses on strengthening the core, flexibility, improving balance, with segments of endurance strength work. A variety of equipment will be used to increase muscle strength, range of movement, and to improve upon activities for daily living.

**DANCE: BACK FOR A LIMITED TIME!** Will run every other week, check the schedule for dates. Come join a casual, upbeat and social workout blending ballroom choreography and Latin rhythms with line dancing structure requiring no partner. Classes include a warm up, fundamental technique, learning choreography to popular music and a cool down.

**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.

**POWERCIRCUIT:** 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.(SupportedExerciseforAgelessTraining)** 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.

**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!