



DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

MAY 2026

MON	TUES	WED	THURS	FRI	SAT
	YOGA Kim 7-7:45am	POWER CIRCUIT NO CLASS 5/13 Dyana 7-7:45am	YOGA Tiffany 7-7:45am		INDOOR CYCLING Deidre 8-8:45am
YOGA Eileen 8:30-9:30am		YOGA Eileen 8-9am	YOGA CLASS ONLY 5/7 & 5/14 Cheryl 8:30-9:30am	YOGA Caitlin 8-9am	YOGA Caitlin 9-9:45am
CHAIR YOGA Eileen 9:45-10:45am			ZUMBA GOLD Jacqui 10-10:55am		
BALANCE CIRCUIT CHILDCARE SIDE NO CLASS 5/11 Dyana 9:15-10:00am	CORE & MORE Robin 10:30-11:15am		CHAIR YOGA CLASS ONLY 5/7 & 5/14 Cheryl 11-11:45am	POWER CIRCUIT NO CLASS 5/8 & 5/15 Dyana 11-11:45am	
		EVERY AGE STRETCH Candee 12-1pm	EVERY AGE STRETCH Candee 12-1pm		EVERY AGE STRETCH Candee 12-12:45pm
INDOOR CYCLING Sue 6-7pm			INDOOR CYCLING Sue 6-7pm	Dartmouth YMCA Hours Monday-Friday 6am-7pm Saturday 8am-1pm CLOSED MEMORIAL DAY	

CLASS RESERVATIONS HIGHLY ENCOURAGED

BALANCE & STRENGTH CIRCUIT CLASS: A high-efficiency, multi-station workout designed to improve functional stability, muscular endurance and coordination. This class combines strength training exercises with balance focused movements and is suitable for all fitness levels.

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.

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.

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!