

DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

SEPTEMBER 2026

MON	TUES	WED	THURS	FRI	SAT
	FUNCTIONAL MOVEMENT Kim 7-7:45am	POWER CIRCUIT Dyana 7-7:45am	YOGA Tiffany 7-7:45am	POWER CIRCUIT Dyana 7-7:45am	INDOOR CYCLING 9/5 ONLY Deidre 8-8:45am
YOGA Eileen 8:30-9:30am	BALANCE CIRCUIT STARTS 9/8 Dyana 8:30-9:15am	YOGA Eileen 8-9am	YOGA Cheryl 8:30-9:30am		INDOOR CYCLING STARTS 9/12 Deidre 7:30-8:15am
CHAIR YOGA Eileen 9:45-10:45am	PILATES Genia 9:30-10:30am	BARRE Genia 9:30-10:30am	ZUMBA GOLD Jacqui 10-10:55am	PILATES Genia 9:30-10:30am	YOGA Caitlin 9:00-9:45am
		EVERY AGE STRETCH Candee 12-1pm	EVERY AGE STRETCH Candee 12-1pm	BALANCE CIRCUIT Dyana 11-11:45am	EVERY AGE STRETCH Candee 12-12:45pm
INDOOR CYCLING Sue 6-7pm					

Dartmouth YMCA Hours starting 9/8

Monday - Friday
Saturday

6:30am-7pm
7am-1pm

***Class Reservations Highly Recommended**

***Closed Labor Day**

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.

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.

FUNCTIONAL MOVEMENT: Join Kim through instruction that teaches mobility and flexibility in a way that introduces how to move your body safely and comfortably. Kim infuses basic strength exercises into the stretches to promote stability in the muscles and connective tissue. The class is filled with steady, smooth movement and a soft flow that gently boosts circulation and emphasizes controlled breathing.

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!