



SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: September 1 - October 31, 2024*

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Jodi/Kelly
6:00-7:00a	Barre	Studio Beat	Susan
7:30-8:30a	Total Body Blast	Studio Beat	Allison
9:00-10:00a	BODYCOMBAT™	Studio Beat	Corrine
9:00-10:00a	Octogan Circuit	Wellness Floor	Allison
10:15-11:15a	Total Body Blast	Studio Beat	Linda
10:15-11:30a	Yoga - Vinyasa	Mind/Body	Carrie
11:30a-12:30p	Senior Strength & Balance	Studio Beat	Linda
1:00 -3:00p	Les Mills Virtual	SB/MB/Cycle	
4:30-5:15p	TRX® Fusion	Studio Beat	Mariah
5:30-6:30p	POUND®	Studio Beat	Laura
5:30-6:30p	RPM™ Cycle	Cycle	Mariah
6:00-7:15p	Yoga to Meditation	Mind/Body	Lauren
6:35-7:35p	Zumba®	Studio Beat	Stephani R

TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00-7:00a	BODYPUMP™	Studio Beat	Stephanie P
6:00-7:00a	Pilates Fusion	Mind/Body	Jodi
7:30-8:30a	BODYPUMP™	Studio Beat	Jillian
8:00-9:00a	SHIFT	Odyssey Center	Corrine
8:30-9:30a	Power Cycle	Cycle	Gary
9:00-10:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	Zumba®	Studio Beat	Caroline
9:15-10:30a	Yoga - Vinyasa	Mind/Body	Carrie/Jolie
10:15-11:15a	Yoga - Gentle	Studio Beat	Linda
11:30a- 12:30p	Yoga - Chair	Studio Beat	Linda
1:00 -3:00p	Les Mills Virtual	SB/MB/Cycle	
4:30-5:30p	BODYCOMBAT™	Studio Beat	Denise
5:30-6:30p	BODYPUMP™	Studio Beat	Denise
6:00-7:00p	Yoga - Power	Mind/Body	Wendi
6:30-7:30p	Thriller Practice	Studio Beat	Caroline

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Kelly/Lisa
5:45-5:15a	Powerhouse	Studio Beat	Susan
6:30- 7:30 a	RPM™ Cycle	Cycle	Giovanna
7:30-8:30a	Total Body Blast & Yoga	Studio Beat	Allison
8:15-9:30a	Yoga	Mind/Body	Christina
9:00-10:00a	Barre	Studio Beat	Susan
9:00-10:00a	Octogan Circuit	Wellness Floor	Linda
9:00-10:00a	SHIFT	Odyssey Center	Allison
10:15-11:15a	Total Body Blast	Studio Beat	Linda
11:30a-12:30p	Senior Strength & Balance	Studio Beat	Linda
1:00 -3:00p	Les Mills Virtual	SB/MB/Cycle	
4:30-5:00p	SHIFT Cardio	Odyssey Center	Jillian
5:00-5:45p	SHIFT Strength	Odyssey Center	Jillian
5:00-5:45p	Pilates Fusion	Mind/Body	Lauren
6:00-7:00p	Cycle	Cycle	Lauren
6:00-7:00p	Yoga	Mind/Body	Sara

THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00-7:00a	BODYPUMP™	Studio Beat	Stephanie P
6:00-7:00a	Pilates	Mind/Body	Wilhelmina
7:30-8:30a	BODYPUMP™	Studio Beat	Jillian
8:00-9:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	Zumba®	Studio Beat	Caroline
10:15-11:15a	Gentle Strength & Stretch	Studio Beat	Linda
11:30a-12:30p	Gentle Strength & Stretch	Studio Beat	Linda
1:00 -3:00p	Les Mills Virtual	SB/MB/Cycle	
4:30-5:30p	RPM™ Cycle	Cycle	Mariah
5:30-6:30p	BODYPUMP™	Studio Beat	Denise
6:00-7:00p	Yoga - Power	Mind/Body	Christina
6:35-7:35p	Zumba®	Studio Beat	Gemma

FRIDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00-7:00a	Barre	Studio Beat	Susan
6:30-7:30a	RPM™ Cycle & Core	Cycle	Giovanna
8:00-8:45a	Powerhouse	Studio Beat	Giovanna
8:30-9:30a	Power Cycle	Cycle	Gary
8:45-10:00a	Yoga	Mind/Body	Christina
9:00-10:00a	Barre	Studio Beat	Susan
10:15-11:15a	Zumba® Gold	Studio Beat	Caroline
11:30a-12:30p	Yoga - Chair	Studio Beat	Pam
12:45-1:45p	Zumba® Stars	Studio Beat	Caroline
5:30 - 6:30p	WildCard Workout	Studio Beat	Staff

SATURDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
7:15-8:15a	BODYPUMP™	Studio Beat	Denise
7:30-8:30a	Cycle	Cycle	Kelly/Lisa
8:00-9:00a	Yoga - Power	Mind/Body	Laura/Christina
8:30-9:30a	POUND®	Studio Beat	Amy
9:15-10:15a	Pilates	Mind/Body	Wilhelmina
9:35-10:35a	Zumba®	Studio Beat	Stephani/Gemma

SUNDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
8:15-9:15a	BODYCOMBAT™	Studio Beat	Denise
8:30-9:30a	Power Cycle	Cycle	Gary
9:15-10:15a	Yoga - Flow	Studio Beat	Jodi

KIDS CLUB HOURS

MONDAYS: 8:30 AM - 11:15 AM, 4:30 PM - 7:00 PM
TUESDAYS: 8:30 AM - 11:15 AM, 4:30 PM - 7:00 PM
WEDNESDAYS: 8:30 AM - 11:15 AM, 4:30 PM - 7:00 PM
THURSDAYS: 8:30 AM - 11:15 AM, 4:30 PM - 7:00 PM
FRIDAYS: 8:30 AM - 11:15 AM
SATURDAYS: 8:00 AM - 11:00 AM

*Classes are subject to change; please check MindBody for current class schedule and instructor availability.

Members must sign up in advance for all classes at the Exeter Area YMCA.

There is a 3-day advanced sign up for all classes. You can do this through the MindBody website or app.

BARRE

A combination of ballet, Pilates, strength training & functional fitness. Incorporates small, isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper & lower body to make every minute count.

BODYCOMBAT™

High-energy martial arts inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira & Kung Fu as you punch & kick to great music. No experience needed.

BODYPUMP™

Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves & techniques pumping out encouragement, motivation & great music.

CYCLE

Your instructor will take you through hill climbs, valleys, peaks, flat roads & timed sprints to continuously challenge you. Improve physical well-being & have fun!

GENTLE STRENGTH & STRETCH

The first half of class is dedicated to strength work using light weights & body weight. The second half of class is dedicated to gentle stretching. Improve your endurance, flexibility & strength. Chair modifications can be provided.

OCTAGON CIRCUIT

Enjoy a functional, multi-station training experience. You'll be amazed at all the ways you get a total body workout on the Octagon!

PILATES

Designed to help you develop leaner, longer muscles, establish core strength & stability, and heighten mind-body awareness. This class is great for anyone looking to get stronger & looking to focus on improving overall Pilates technique.

PILATES FUSION

Experience the perfect blend of Pilates and dynamic fitness elements in this invigorating class. Strengthen your core, improve flexibility, and enhance overall body tone with a mix of traditional Pilates moves and modern techniques.

POUND®

Exhilarating full-body workout that combines music and drumming with cardio, conditioning, strength training, yoga & Pilates movements. Perfect atmosphere for letting loose, toning up & rocking out! Designed for all fitness levels

POWERHOUSE

A fusion of strength & core training that is challenging & rewarding, using a variety of equipment & body weight. Improve your endurance, strength & muscle. Modifications are provided to increase or decrease the intensity of the exercises.

POWER CYCLE

Each class begins with an emphasis on class goals, riding technique & comfort level of exercise. Bike profiles help participants interpret & translate results into meeting personal fitness goals. Designed for all levels of riders.

RPM™ CYCLE

Your instructor will take you on an invigorating & challenging journey of hill climbs, sprints & flat riding. You control your own resistance levels & speed so you can build up your fitness level over time.

SENIOR STRENGTH & BALANCE

Low-impact class designed for those looking to incorporate basic exercise strategies into their activities of daily living. Using a variety of equipment & body weight, focus on strength, balance & stability exercises to prevent injury & increase quality of life.

RPM™ CYCLE & CORE

RPM™ on the bike, then onto the mat where your core will be challenged through a variety of strength & toning exercises.

SHIFT

Specialized High-Intensity Functional Training (SHIFT) is a fast-paced workout that incorporates complex movement patterns using a variety of equipment & body weight. This HIIT workout is fast-paced & builds strength, improves cardiovascular fitness & maximizes energy output.

TOTAL BODY BLAST

A fusion of strength, cardio & core training that is challenging & rewarding. A medium to high intensity total body workout using a variety of equipment & body weight. Improve your endurance, strength & muscle. Modifications are provided for all levels.

TRX® FUSION

Develop strength & endurance while simultaneously improving balance, flexibility & core strength. A variety of equipment is used including TRX® Suspension Straps™ & body weight. This class is appropriate for all levels, from beginners to athletes.

YOGA

Classic yoga poses are practiced with an emphasis on alignment in a slow-paced controlled environment. This class is appropriate for beginners & participants who have been practicing yoga for some time. Modifications will be provided for all ability levels.

YOGA – CHAIR

A gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improved flexibility, better concentration & increased strength.

YOGA – FLOW

Breath & dynamic movement are the foundations of this challenging & fun practice, emphasizing strength, core work & flexibility while encouraging the whole body to become more balanced. Flow is a great class to help you build variety & balance in your yoga practice.

YOGA – POWER

Power Yoga is a vinyasa based yoga, practiced in a controlled heated environment. This high energy class will build strength, improve flexibility & increase stamina. Class will be taught in a heated environment of approximately 80-85 degrees.

YOGA – GENTLE

Built for beginners & those seeking a softer, nurturing, slow-paced yoga class. Ease yourself into carefully structured movements & stretches to improve flexibility & serenity. Develop an awareness of the breath & leave class feeling relaxed & ready for a balanced life.

YOGA TO MEDITATION

Traditional yoga flow with the addition of a guided meditation at the end of class. Emphasizes the importance of breath, alignment & meditation. Meditation is the key to mindfulness through engaging in reflection, introspection & contemplation.

YOGA – VINYASA

Breath & dynamic movement are the foundations of this practice, bringing a harmonious blend of physical challenge & inner peace. Classes emphasize strength & flexibility while encouraging the whole body to become more balanced. Vinyasa Yoga is a great way to help build variety in your yoga practice in a supportive community setting.

ZUMBA®

Perfect for everybody & every body! Mixing low-intensity & high-intensity moves for an interval-style, calorie-burning dance fitness party. A total body workout, combining all elements of fitness – cardio, muscle conditioning, balance & flexibility.

ZUMBA GOLD®

Perfect for active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower intensity. Introduces easy-to-follow Zumba® choreography that focuses on all areas of fitness, balance, range of motion & coordination.

ZUMBA STARS®

A Zumba® class for all levels & all abilities. Anyone is welcome to attend & it is specifically geared to be an adaptive class.