



SOCIAL RESPONSIBILITY
YOUTH DEVELOPMENT
HEALTHY LIVING

SOUTHERN DISTRICT YMCA
FALL 2024
PROGRAM GUIDE
SEPTEMBER 1 TO OCTOBER 31

Photo Credit: Beth Dupell





FIND YOUR Y

Something for Everyone.



MONTHLY MEMBERSHIP RATES

EFFECTIVE APRIL 1st, 2024

MEMBERSHIP LEVELS

TYPE	AGE	MONTHLY FEE	JOIN FEE
Youth/Teen	12 - 17	\$23	\$25
Young Adult	18 - 26	\$23	\$25
Adult	27 - 64	\$52	\$49
Adult Couple	18 - 64	\$68	\$49
Family (1 Adult)	1 adult in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$68	\$49
Family (2 Adults)	2 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$78	\$49
Family (3 Adults)	3 adults in same household with dependents to age 17, and college students to age 26 (with 12 credits)	\$93	\$49
Senior	65+	\$42	\$49
Senior Couple	65+	\$60	\$49

BENEFITS

- FREE access to full-size basketball gymnasium and indoor track
- FREE access to the 4,000 ft state-of-the-art wellness center (cardio and weights)
- FREE access to The OC, a functional training space
- FREE group exercise with more than 60 classes each week
- FREE YMCA360 On-line video content
- Priority registration and reduced rates for facility programs
- Convenient access seven days a week with on-site parking
- No contracts
- On-Site Child Care (Kids Club & Active Kids)

Financial assistance is available for programs and membership. All are welcome. Send inquiries at Aimee@sdymca.org or download a financial assistance application [here](#)

We offer a 10% membership discount and 50% off the joining fee to military personnel.

HOW CAN WE HELP?

Welcome Center
membership@sdymca.org
 603-642-3361





FIND YOUR Y

Something for Everyone.

Our Mission:

To put our principles into practice through programs that build a healthy spirit, mind, and body for all.

Our Community Impact Statement:

We are a community resource for connecting and partnering with businesses, schools, towns, and individuals to encourage everyone to learn, grow and thrive.

FACILITY HOURS

MONDAY - THURSDAY: 5:00 AM - 8:00 PM

FRIDAY: 5:00 AM - 7:00 PM

SATURDAY: 7:00 AM - 5:00 PM

SUNDAY: 8:00 AM - 4:00 PM

KIDS CLUB HOURS

MONDAY - THURSDAY: 8:30 AM - 11:15 AM, 4:15 PM - 7:00 PM

FRIDAY: 8:30 AM - 11:15 AM

SATURDAY: 8:00 AM - 11:00 AM

ACTIVE KIDS HOURS

MONDAY - THURSDAY: 4:15 PM - 7:00 PM

HOLIDAY CLOSURES:

LABOR DAY SEPTEMBER 2nd: YMCA CLOSED



HOW CAN WE HELP?

Welcome Center
membership@sdymca.org
603-642-3361

For Branch Updates

TO ENROLL IN TEXT NOTIFICATIONS, TEXT "SDYMCA" to 545-39.





MEMBERSHIP

Something for Everyone.

JOIN THE Y

UPCOMING EVENTS



THURSDAY, SEPTEMBER 12TH

MEET THE TRAINERS NIGHT

Join us for "Meet the Trainers Night," an exciting event where you'll get the chance to connect with our team of experienced and knowledgeable trainers. This is a fantastic opportunity to learn more about our training programs, ask questions, and get to know the people who are dedicated to helping you achieve your fitness goals.

6:00 PM – 7:00 PM



THURSDAY, OCTOBER 10TH

WORLD MENTAL HEALTH DAY

Join the Exeter Area YMCA in recognizing World Mental Health Day on Thursday, October 10th. Stop by our pop-up event located on the first floor from 10am – 12pm to learn how you can support your own mental health and the mental health of those in your community.

10:00 AM – 12:00 PM

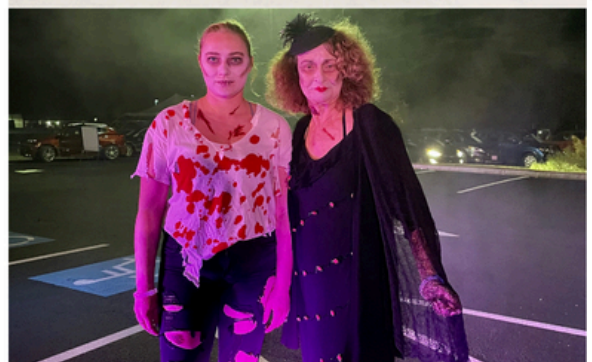


FRIDAY, OCTOBER 25TH

THRILLER PERFORMANCE

Mark your calendars and bring your friends for a night of intense entertainment. We can't wait to thrill you!

7:00 PM – 8:00 PM



WEDNESDAY, SEPTEMBER 12TH

INJURY SCREENINGS

A doctor from Exeter Hospital and two physical therapists will come to perform injury screenings. Reserve your spot at the welcome desk

10:00 AM – 12:00 PM



JOIN THE FUN



MEMBERSHIP

Something for Everyone.



TOGETHERHOOD

VOLUNTEER PROJECT RECRUITING

We are a better community through volunteering. The YMCA Togetherhood Project pairs Y volunteers with other organizations or events happening in our community. We are actively recruiting members to make meaningful change.

We are recruiting for:

- Service Committee Members
- Service Project Volunteers

If you are interested in learning more as the program develops, [Click here to complete the form](#) or scan the QR Code

BECOME A CERTIFIED YOUTH MENTAL HEALTH FIRST AIDER!

MAKE A DIFFERENCE—REGISTER TODAY AND BE THE
SUPPORT THAT YOUNG PEOPLE NEED!

THURSDAY, OCTOBER 3RD, 8:00 AM- 2:00 PM



Are you a parent, caregiver, teacher, or someone who regularly interacts with young people? Youth Mental Health First Aid is a vital course designed to equip you with the skills to support adolescents (ages 12-18) facing mental health or addiction challenges, or those in crisis.

This course introduces common mental health challenges for youth, covers typical adolescent development, and teaches a 5-step action plan to assist young people in both crisis and non-crisis situations.

Course Format:

- Blended Learning: Start with a 2-hour self-paced online course.
- Instructor-Led Training: Follow up with a 4.5-hour session led by an experienced instructor.

Fee: \$20

Upon completion, you'll be certified as a Youth Mental Health First Aider—a crucial role where your actions can be the first step in someone's recovery journey.

Contact Shannon Seiferth, Director of Healthy Living ,
shannon@sdymca.org For more information.





EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired



KIDS CLUB (BABYSITTING)

Monday, Tuesday, Wednesday, and Thursday

8:30 AM – 11:15 AM, 4:15 PM – 7:00 PM

Friday 8:30 AM – 11:15 AM

Saturday 8:00 AM – 11:00 AM

At Kids Club, children aged 6 months to 6 years play under the supervision of caring, trained Y staff. This service affords the parents the opportunity to relax, connect with other Y members, and enjoy healthy activities at the Y. This service is included as a benefit for Family Memberships only. Parents must remain in the building at all times and have their cell phone available in case of emergency while their child is at Kids Club.



TODDLER GYM TIME

Tuesdays, Thursdays, & Saturdays

10:00 AM – 12:00 PM East gym

MEMBERS: Free; COMMUNITY: \$15 per visit

Age: 2 – 5

Parents and Toddlers come to enjoy open play time. We'll have age-appropriate equipment out for the kiddos to enjoy.



ACTIVE KIDS (BABYSITTING)

Monday, Tuesday, Wednesday, and Thursday

4:15 PM – 7:00 PM

FAMILY MEMBERSHIP: Free

Intended for ages 7 to 11, Active Kids is designed to incorporate a variety of activities to keep kids engaged and having fun. This service is included as a benefit for Family Memberships only. Parents must remain in the building at all times and have their cell phone available in case of emergency while their child is at Active Kids.



PLAY TIME – BIG BLUE BLOCKS

Wednesdays

10:00 AM – 12:00 PM East gym

MEMBERS: Free; COMMUNITY: \$15 per visit

Age: 2 – 5

Parents and Toddlers come to enjoy open play time. "Play Time Big Blue Blocks" is an interactive play session designed for children aged 2 to 5 years. Explore your creativity using the large, lightweight foam blocks in various shapes and sizes to create an immersive play experience.



EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

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KIDS IN THE KITCHEN

Tuesday, September 24th

4:00 PM – 5:15 PM, Community Room

MEMBERS: \$15; COMMUNITY: \$30

Age: 9 –15

Come make red sauce with the Y staff. Take some home for your family to enjoy. The remaining sauce will be used to surprise youth members on Wednesday, Sept 25. We'll be carbo-loading for Homecoming Week.

BEGINNER ROBOTICS CLUB

Wednesdays, October 2nd – November 20th
(8-Weeks)

4:00 PM – 5:00 PM, MindBody Studio

MEMBERS: \$50; COMMUNITY: \$80

Age: 10 –13

Come learn and explore basic robotics skills. Students will explore using the LEGO education Spike Prime kits, where they'll learn: Building and coding with LEGO Robots, teamwork and communication, innovation and creativity, & problem solving skills.



TEEN ORIENTATIONS IN THE WELLNESS CENTER!

Ongoing sign up at front desk

Ages 10 –15.

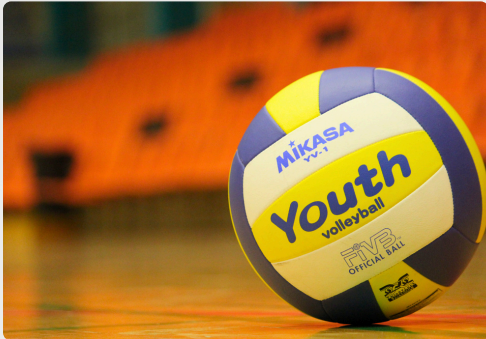
Parents, please help us by registering your child for this 30 minute orientation to review facility protocol, wellness floor etiquette, and expectations. Teen orientation is required to use the wellness floor equipment. No youth will be allowed on the floor alone without completing an orientation. Youth under the age of 12 may use the facility when accompanied by an adult.



EXETER AREA YMCA

TEEN / YOUTH PROGRAMS

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YOUTH VOLLEYBALL

Thursday, September 19th – October 31st

4:00 PM – 5:00 PM, Court 2

MEMBERS: Free; **COMMUNITY:** \$45

Age: 12-17

This program is open to players of all skill levels and is designed to run as a club sport. Volunteer instructors will be available to teens who are interested in learning the basics before jumping in to pick-up games.



THE CARD HOBBY CLUB POP-UP

Thursday, September 19th

5:00 PM – 7:00 PM

All Ages

MEMBERS: Free; **COMMUNITY:** \$15

This program is open to individuals who are passionate about collecting cards and playing games. Examples include Pokémon, sports, Yo-Gi-Oh, and Magic the Gathering. This is a place for community members to come share, trade, and play! Participants under 18 need parental permission to trade.



LEADERS CLUB

Tuesdays, September 17th – December 17th

4:00 PM – 6:00 PM, Community Room & Camp Lincoln

MEMBERS: \$60; **COMMUNITY:** \$120

Grades: 6 – 12

Leaders Club is a program that promotes leadership development, character development, social and emotional growth, friendship, and community service. This program takes place during the school year and is open to grades 6-12.



LEADERS IN TRAINING

Community Room

MEMBERS: Free; **COMMUNITY:** \$80

Age: 13-17

The YMCA Leaders in Training program is designed to develop leadership skills in youth aged 13-17. They will practice planning and running activities at our afterschool childcare facilities with the guidance of a staff member. Students in this program earn community service hours needed for graduation. If you are interested in learning more, please email our Youth and Family Coordinator at Liliana@sdymca.org



EXETER AREA YMCA

FAMILY PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



SPOOKY FAMILY FUN NIGHT

Saturday, October 12th

6:00 PM - 8:00 PM

All Ages

MEMBERS: Free; COMMUNITY: \$25 per family

Join us for a Halloween themed family fun night! Activities include: edible art, bounce house, music, spooky crafts and games, and face painting. Costumes are highly encouraged! Held in the Community Room & the Gymnasium



PUMPKIN CARVING AND DECORATING

Monday, October 28th

4:00 PM - 6:00 PM

All Ages

MEMBERS: \$5; COMMUNITY: \$15

Come decorate pumpkins with us! We will have pumpkins, paint, and carving supplies. Outside crafting supplies are welcome. We can't wait to see your creativity shine!

HOST YOUR CHILD'S BIRTHDAY PARTY AT THE Y

Several different themed parties are available or you can design your own. Included in the fee charged for your event are the following services:

- A YMCA Staff member to facilitate activities in the gym and community room.
- Use of half of YMCA gym for one hour and YMCA community room for one hour
- Non-themed tablecloth for community room tables
- Choose from a bounce house, nerf blaster, flag football, or sports
- Pricing for Family memberships are \$225, Members \$250, and \$350 for Non-Members

For more information check out our website for details or email aimee@sdymca.org

Happy Birthday





EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



WOMENS LIFTING CLUB

Tuesdays & Thursdays, Starting October 1st
(8 Classes)

11:00 AM - 12:00 PM

MEMBERS: \$45 ; COMMUNITY: \$90

Age 18+

Taught by Nick our Fitness Manager, you will learn the fundamentals and safe techniques of lifting . This 4-week program not only provides the education on safe lifting techniques but also teaches exercises on muscle strength and building bone density. A great class to learn how to lift heavier for healthy bones and joints as you age. Held in the Odyssey Center.



KETTLEBELL STRENGTH & CARDIO

Saturday, September 14th and/or October 19th

9:00 - 10:00 AM

MEMBERS: FREE

Join Nick our Fitness Manager for a kettlebell conditioning class. You will learn the basics of kettlebell movement and put them all together to create an easy or challenging full-body conditioning work out.

Held in the Odyssey Center.



FREE ADULT ORIENTATION SESSIONS

Make the most of your new membership; our wellness team will help get you oriented to our equipment, classes, and options so you feel ready to meet your wellness goals on your own. Come to a 30-minute orientation session to learn about all the Y has to offer to maximize your membership. Orientations are free and can be booked at the Welcome Center at any time.



OCTAGON CIRCUIT

Mondays & Wednesdays, 9:00 AM

MEMBERS: FREE

Come learn the Octagon and all it can be used for in a circuit-style class. You'd be surprised with the full-body workout you can do on just the Octagon! Held in the Octagon area on the Wellness floor.

Register in Mindbody app.



EXETER AREA YMCA

ADULT PROGRAMS

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MINDFUL MEET UP

Tuesdays, September 10th - October 1st (4 weeks)

10:00 AM - 11:00 AM

MEMBERS: \$20; COMMUNITY: \$40.

Looking for a relaxing hobby and a chance to connect with others? Join our Mindful Meet Up! Experience various mindful activities like journaling, painting, meditation, and crafts every week. It's a perfect opportunity to unwind, make friends, and explore new interests—all classes included in the cost. Held in the Community Room.

LIVING WELL: GROUP WELLNESS COACHING

Mondays, September 30th - OCTOBER 28TH

2:00 PM - 3:30 PM

MEMBERS: \$50; COMMUNITY: \$65

Age 18+

Take a deep dive into your own personal well-being, with the support and collaboration of a group. During this 5-week group, you will learn the lifelong skills of caring for your wellness, harnessing your strengths, and making value-guided choices. Through this exploration you will come to understand what it means to live a life of authenticity and purpose. Opportunities to enhance existing and gain new coping skills will be provided. Held in the Community Room.



NATIONAL ARTHRITIS DAY TALK WITH RYAN POPLASKI

Tuesday, October 8th

10:30- 11:30 AM

MEMBERS: \$5; COMMUNITY: \$15

Join us on National Arthritis Day for a special talk hosted by the physical therapy expert Ryan. This event is dedicated to raising awareness about arthritis and exploring the latest advancements in treatment and management. Light refreshments served
Held in the Community Room.



EXETER AREA YMCA

ADULT PROGRAMS

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PICKLEBALL

Paddles are available to borrow at the Welcome Center, balls are supplied by the YMCA. (Limited paddles are available).

Please view the gym schedule for more details.

VOLLEYBALL

Thursdays, September 5th - October 31st
5:45 PM - 7:45 PM

Age: 16+

MEMBERS: Free; **COMMUNITY:** \$45.

Join us for a fun night of volleyball. Volleyball levels: from advanced beginner (all levels welcome, as long as you know the basics of bump, set, spike) through intermediate/high intermediate.



PICKUP BASKETBALL CO-ED 16+

Wednesdays, Starting September 4th
7:00 PM - 8:00 PM

Age: 16+

MEMBERS: Free; **COMMUNITY:** \$15 Per visit.

Join us for a session of exciting, high-energy basketball. Whether you're here to hone your skills, get some exercise, or just have a good time, our Pickup Basketball Co-Ed program is the perfect place to be. See you on the court!



EXETER AREA YMCA

ADULT PROGRAMS

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LEARN THE THRILLER DANCE AT THE Y

Tuesdays, September 17th - October 22nd (6 weeks)
6:30 - 7:30 PM

Learn how to perform the Thriller Dance moves at the YMCA. Practice held in Studio Beat. Learn the steps to Michael Jackson's Thriller and join the performance on Friday, Oct 25th at 7:00 PM.

A minimum donation of \$25 is required to participate in lessons and the final performance. Checks can be made out to the SDYMCA. All funds collected will benefit the YMCA Scholarship Fund.



LES MILLS LAUNCH PARTY

Saturday, October 5th

RPM 7:15a-8a in Cycle Studio

BODYPUMP 8:15-9:15a in Studio Beat

BODYCOMBAT 9:30-10:30a in Studio Beat

Join us for the launch party of the newest Les Mills material for BODYCOMBAT, BODYPUMP and RPM!

There will be refreshments, giveaways and as always, innovative and revolutionary workouts.

BODYCOMBAT hits its 100th release this launch, so let's go BIG with this amazing MMA-inspired global sensation of a workout!

LAUREN'S WEEKLY THEMED WORKOUT

Lauren's themed Cycle classes Wednesdays at 6 PM.

Check Mindbody for themes each week

Lauren's themed rides:

September 4th - Back 2 School Ride

September 11th - Campfire Vibes

September 18th - 80s Dance Party

September 25th - It's Fall Y'all Ride

October 2nd - Broadway Musicals Ride

October 9th - Pop Punk Ride

October 16th - Country Ride

October 23rd - Musical Artist of New England Ride

October 30th - This is Halloween Ride!





EXETER AREA YMCA

ADULT PROGRAMS

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WOMEN'S WELLNESS DAY

SATURDAY, SEPTEMBER 21ST | 8:30 AM- 4:30 PM

MEMBERS: \$85; COMMUNITY: \$120

Women's Wellness Day @ Camp Lincoln. Replenish energy, build connections, and immerse yourself in activities that will be sure to rejuvenate the mind, body and spirit. At YMCA Camp Lincoln, guests are surrounded by the beauty of nature, the energy of their own creativity and opportunities to explore. Camp Lincoln is situated on 70 wooded acres with more than a mile of waterfront on Kingston Lake; the ideal location to nurture your well-being. A detailed schedule will be provided closer to the date, however you can count on classic camp opportunities such as paddleboarding, campfires, and a ropes course, as well as yoga, zumba, exploration walks and opportunities for relaxation, reflection, and learning. Spend time with us in nature on Saturday, September 21st 8:30 - 4:30pm. Light breakfast, lunch, and end-of-day appetizers will be provided.

Registration is limited.



**HELD AT YMCA CAMP LINCOLN
67 BALL RD, KINGSTON, NH**



EXETER AREA YMCA

ADULT PROGRAMS

[Click Here to Register for Programs](#) -in Daxko program registration, type name of program desired



SPELL

YOUR WORKOUT CHALLENGE

SEPTEMBER 1ST - OCTOBER 31ST

(SELF PACED)

Each letter holds the key to a workout routine waiting to be unlocked

A	30 Crunches	N	10 Jump Squats
B	15 Plank Jacks	O	25 Crunches
C	10 Star Jumps	P	10 Burpees
D	15 Burpees	Q	1-Minute Plank
E	30 - Second Side Planks	R	20 Push- Ups
F	15 High Knees	S	15 Jumping Jacks
G	30 Lunges (15 Each Leg)	T	20 Lunges (10 Each Leg)
H	20 Jump Squats	U	10 Full Sit-Ups
I	30 Bicycles	V	1-Minute Wall Sit
J	30 - Second Wall Sit	W	20 Oblique Crunches
K	20 Squats	X	12 Star Jumps
L	15 Push - Ups	Y	15 Sumo Squats
M	20 Tricep Dips	Z	15 Tricep Dips

Each Week, three new words are revealed, and the challenge begins: spell out the word using exercises corresponding to each letter. Sign up in Daxko. The words will be sent via email.

Finish all 12 words to qualify for a chance to win fantastic Y swag in our raffle!
For more information contact Nick at Nick@sdymca.org



EXETER AREA YMCA

ADULT PROGRAMS

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HIKING TRAIL EXPLORATION

FALL 2024 SCHEDULE

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
SEPT 11	PEA Trail Exploration	Gardner Street Parking
SEPT 18	Gilman Park	Park at Skateboard park on Route 108
SEPT 25	Jolly-Rand Trail	Parking Lot off Pickpocket Road
OCT 2	Oaklands Town Forest (Watson Road)	Parking Lot: Watson Road
OCT 9	Oaklands Town Forest: Rte 85	Trail parking Route 85, north of Rte 101
OCT 16	Stratham Hill Park	Main Parking Lot
OCT 23	Henderson-Swasey: Tunnel Route	Commerce Way Parking
OCT 30	Spruce Swamp Conservation-Brentwood	Trail Parking off Route 125 in Brentwood, heading south,

HIKING ADVENTURES 4-5 mile hikes

DATE / TIME	TRAIL	MEET UP LOCATION
SEPT 22 SUNDAY START 9 AM	Mount Agamenticus (Maine)	Meet at the trail head parking lot (fee required for parking)
OCT 20 SUNDAY START 9 AM	Pawtuckaway State Park- Tower	Outside of the Park Office

We look forward to seeing you on the trail!
Michael, Salma, and the Hiking Team!



EXETER AREA YMCA

EVIDENCE BASED HEALTH PROGRAMS

[Click Here to Register for Programs](#) –in Daxko program registration, type name of program desired

CARDIAC WELLNESS WELCOME

The Cardiac Rehabilitation Welcome program, in partnership with Exeter Hospital, welcomes individuals who have graduated from a cardiac rehabilitation program, have been cleared by their health care provider, and are looking to continue their wellness journey. Individuals are welcomed to the YMCA through a cardiac rehabilitation- based orientation and support from our staff, in order to make their transition more seamless. Contact Nick Zavorotny at nick@sdymca.org for details.



WALK WITH EASE

Mondays, Starting September 23rd

The Arthritis Foundation's program is proven to reduce the pain of arthritis and improve overall health. No matter if you need relief from arthritis pain or just want to be active, the Arthritis Foundation's six week Walk With Ease program can teach you how to safely make physical activity part of your everyday life.

Contact Nick Zavorotny at nick@sdymca.org for details.

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is a yearlong, evidence-based program geared towards individuals with prediabetes who are at high risk for developing type 2 diabetes. This CDC-based program teaches participants how to make life style changes through healthy eating and increasing physical activity, in order to lower their risk of developing type 2 diabetes. This program is facilitated by a certified YMCA's Diabetes Prevention Program Life Style Coach. Contact Shannon Seiferth at shannon@sdymca.org for details



LIVESTRONG

AT THE YMCA

LIVESTRONG

Mondays & Wednesdays, Starting September 9th
11:30 AM - 12:15 PM

Reclaim your health after surviving cancer in this research-based 12-week physical activity and well-being program. You'll meet with your small group twice a week to regain your physical, emotional, and spiritual strength. The group will meet in the Odyssey Center but will use facilities throughout the building. Contact Nick Zavorotny at nick@sdymca.org for details.



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

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Kelly/Lisa
5:45-6:15a	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

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

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	Mind/Body	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

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

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.



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

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.

GUIDED MEDITATION

Join a mindfulness coach to reduce stress, decrease anxiety & reconnect with yourself. You'll leave this class with tools to practice meditation in your daily life.

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.

RPM™ CYCLE & CORE

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

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.



EXETER AREA YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

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 – 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 – 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 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® – FAMILY

Incorporates key childhood development elements like leadership, respect, teamwork, self-esteem, memory, creativity, coordination & cultural awareness. For ages 4-12; attend with adult member. Wear comfortable clothes, sneakers & bring water!

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.



MEET YOUR WELLNESS GOALS

PERSONAL TRAINING

It can be hard to maintain a wellness regimen on your own! Having regularly scheduled appointments with a wellness professional will hold you accountable for achieving your goals and will deliver your desired results. Working out is better with friends. Form a workout group, motivate each other and save!

PERSONAL TRAINING SESSIONS CAN HELP YOU

- Work with a wellness coach to establish goals
- Overcome obstacles
- Stay motivated
- Sample different exercises
- Improve your favorite exercises
- Learn healthy eating habits

AFFORDABLE OPTIONS FOR EVERYONE

FIRST TIME INDIVIDUAL INTRODUCTORY PACKAGE		
3 Sessions	1 hour	\$136

INDIVIDUAL PERSONAL TRAINING		
No. Of Session	1 HOUR SESSION/S	30 MINUTE SESSION/S
1	\$60	\$40
5	\$275 (\$55/session)	\$200 (\$40/session)
10	\$500 (\$50/session)	\$350 (\$35/session)
15	\$675 (\$45/session)	\$450 (\$30/session)
20	\$800 (\$40/session)	\$500 (\$25/session)

SMALL GROUP 3 MEMBERS	
No. Of Session	1 HOUR SESSIONS
5	\$400 (80/session)
10	\$750 (\$75/session)
15	\$1050 (\$70/session)
20	\$1300 (\$65/session)

**OTHER PACKAGES AND
OPTIONS AVAILABLE**

FOR MORE INFORMATION

Please contact Nick Zavorotny at nick@sdyymca.org or call (603) 642-3361 to book today!



SCHOOL AGE CHILD CARE

CONNECTIONS IN LEARNING



BEFORE AND AFTER SCHOOL CARE

The YMCA Afterschool program is a “values” driven program that puts a strong emphasis on our core values of Caring, Honesty, Respect, and Responsibility. We strive to provide every child with activities that encourage a healthy spirit, mind and body.

IN-SERVICE DAY PROGRAMS

When school is out for holidays or scheduled in-service and teacher workshop days, YMCA School Age Child Care offers full-day programming for youth in grades K-5 enrolled in School-Age Child Care. Y programs allow children to explore and learn beyond school in a safe and fun environment. Children must come prepared with masks, lunch, snacks, water bottles, and weather-appropriate attire.

SCHOOLS SERVED

Newton Memorial School (held at DJ Bakie)-AM and PM
 DJ Bakie Elementary-AM and PM
 Main St Elementary (held at Lincoln St Elementary)-AM & PM
 East Kingston Elementary (held at Kensington) -PM Only
 Centre School (held at Marston)-PM only

Lincoln St Elementary -AM and PM
 Kensington Elementary -PM Only
 Swasey Elementary-AM and PM
 Danville Elementary School - PM Only
 Hampton Elementary School-PM Only
 Hampstead Central School-AM and PM
 Stratham Memorial School-AM and PM

We are committed to providing accessible, affordable, reliable childcare to any family that needs it, regardless of their ability to pay. For more information about financial assistance, you can reach our registrar, Nicole Fogarty, at nicolef@sdymca.org.

School Age Child Care Rates 2024 - 2025

Traditional Before and After School Care	2 Days Rate (1-2 Days)	3 Day Rate	Full Time (4-5 Days)	2nd/3rd Child (Full Time Discount)
AM Only	\$49/Week	\$66/Week	\$87/Week	\$79/Week
PM Only	\$57/Week	\$80/Week	\$109/Week	\$99/Week
AM & PM	N/A	N/A	\$140/Week	\$129/Week

Register at sdymca.org/school-age-child-care



NEW SCHOOL YEAR REGISTRATION

SCHOOL YEAR 2024 - 2025



YMCA CAMP LINCOLN

MAKING MEMORIES



COMMUNITY NIGHT

Friday, September 20th

6:00 PM to 8:00 PM

Join the fun at YMCA Camp Lincoln for our last free Community Night of the season. YMCA Camp Lincoln is open to all in the community on this night to enjoy activities like swimming, kayaking or canoeing, gaga ball, and more! After you and your family have worked up an appetite, you can relax around the campfire and enjoy a grilled dinner and s'mores. Community Nights are free and open to everyone.



FAMILY CAMP

October 12th - 14th

Saturday 10:00 AM - Monday 12:00 PM

Adult: \$250; Child: \$155

Join us on the shores of Kingston Lake for a weekend full of your favorite camp activities. Reconnect with your family as we enjoy boating, archery, the ropes course, arts and crafts and hiking. We will also continue our family camp traditions, such as the pumpkin stroll, polar plunge, and kickball game. All meals will be provided. Registration is limited, and required in advance. Registrants will receive additional information, a packing list and a schedule the week before the event.

Contact Mira, mira@ymcacamplincoln.org for more information.

<https://ymcacamplincoln.campbrainregistration.com/>

GROUP RENTALS FOR 2024

Rent Camp Lincoln for Birthday Parties, School Groups, Reunions, or Corporate Events!

Contact Mira, mira@ymcacamplincoln.org for details and to book your event.

