



SOCIAL RESPONSIBILITY  
YOUTH DEVELOPMENT  
HEALTHY LIVING

SOUTHERN DISTRICT YMCA  
**SUMMER 2024**  
PROGRAM GUIDE  
JULY 1 TO AUGUST 31

Photo Credit: SALMA ABDALLA





# 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](mailto: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](mailto: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:

INDEPENDENCE DAY THURSDAY JULY 4th: YMCA CLOSED JULY 4th:  
YMCA CLOSED

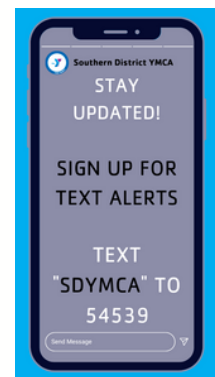


### HOW CAN WE HELP?

Welcome Center  
[membership@sdymca.org](mailto: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



**JULY 5TH - AUGUST 30TH**

### FREE FRIEND FRIDAY

Join us without using one of your  
guest passes

**ALL DAY**



**MONDAY, JULY 8TH**

### NATIONAL FREEZE POP DAY

**ALL DAY**



**WEDNESDAYS,  
JULY 10TH, 24TH  
AUGUST 7TH, 21ST**

### WELCOME CENTER WEDNESDAYS

**9:00 AM - 4:00 PM**



**TUESDAY,  
JULY 9TH, JULY 23RD,  
& AUGUST 6TH**

### MEMBERSHIP NIGHT

Join us at Camp Lincoln  
**6:00 PM - 8:00 PM**



**FRIDAY, JULY 12TH**

### BLOOD DRIVE

American Red Cross blood drive

**12:00 PM - 5:00 PM**



## JOIN THE FUN





# 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.



### 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 while you are at the Y.



### 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.



### 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

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



### GIRLS LIFTING CLUB

Tuesdays & Thursdays, Starting July 9th  
(5 Weeks)

4:30 PM – 5:30 PM

Age 11-18

MEMBERS: \$45; COMMUNITY: \$90

Instructional lifting group for girls only, covering fundamental movements and safe lifting techniques led by Grace! Held in the Odyssey Center.



### 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 without an adult. No youth will be allowed on the floor alone without completing an orientation.



### FALL SPORTS CONDITIONING

Mondays & Fridays, Starting July 29th  
(5 Weeks)

3:00 PM – 4:00 PM

Age 11-18

MEMBERS: \$45; COMMUNITY: \$90

This program would be aimed at young athletes participating in Fall sports but open to all. This program involves conditioning, plyometrics and sport specific training for Fall sports led by Nick! Held in the Odyssey Center.



### KIDS IN THE KITCHEN

Friday, August 23rd

4:00 PM – 5:15 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Age: 9 –15

Come learn how to cook basic dishes at the YMCA. This class will be teaching kids how to make granola bar and fruit kabobs. Led by Y Staff.





# EXETER AREA YMCA

## FAMILY PROGRAMS

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

### 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](mailto: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



### GUIDED MEDITATION

**Fridays**

**12:30 - 1:00 PM**

**MEMBERS: FREE**

Join mindfulness coach, Jill Spring for a 30-minute guided meditation every Friday.

Reduce stress, decrease anxiety and reconnect with yourself. Held in the Mindbody studio.

Register in Mindbody app.



### KETTLEBELL STRENGTH & CARDIO

**Saturday, July 13th or August 17th**

**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

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



### FITNESS FOR HIKING

Session 1: Mondays, Starting July 8th (4 Classes)

Session 2: Mondays, Starting August 5th (4 Classes)

6:00 - 7:00 PM

MEMBERS: \$20 Per session; COMMUNITY: \$40 Per Session

Train for outdoor Hiking this summer! This program will focus on mainly lower body exercise and endurance to condition your body and prepare you for better outdoor hikes this summer.

### LAKESIDE BARRELESS BURN

July 8th & August 5th

6:00- 7:00 PM

MEMBERS: Free; COMMUNITY: \$15 Per Class

Join Susan Stover for this 45-minute class that hits all the barre muscles without the barre! Held in Camp Lincoln. Sign up in Daxko.



### MINI MEDITATIONS

Tuesdays, July & August

10:00 AM - 10:20 AM

Free. Drop-In/ No registration needed.

15- 20 minute introductory mindfulness practices. Join before your workout, or center yourself after a group X class. Held in the Community Room.

### LIVING WELL SERIES

Wednesdays, July 10th , 17th, 24th, 31st

10:00 AM - 11:00 AM

MEMBERS: \$5; COMMUNITY: \$15

Price is per class.

Age 18+

Replenish energy. Build connections. Boost your well-being.

Session 1: Caring for your Whole Self: Wellness Check In.

Session 2: Partnering with Yourself for Stress Relief

Session 3: Sleep Well to Be Well.

Session 4: Turning Inward: Mindfulness, Emotions, and Self-Compassion

Held in the Community Room.





# EXETER AREA YMCA

## ADULT PROGRAMS

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



Join our Facebook Group to share info and get key updates

### 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, July 11th - August 29th

5:45 PM - 7:45 PM

Age: 16+

**MEMBERS:** Free; **COMMUNITY:** \$40.

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 July 17

7:00 PM - 8:00PM

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

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



## HIKING TRAIL EXPLORATION

### SUMMER 2024 SCHEDULE

**90 MINUTES HIKE | WEDNESDAYS | START 9 AM**

DATE	TRAIL	MEET UP LOCATION
JULY 10	PEA Trail Exploration	Gardner Street Parking
JULY 17	Gilman Park	Park at Skateboard park on Route 108
JULY 24	Jolly-Rand Trail	Parking Lot off Pickpocket Road
JULY 31	Oaklands Trail Forest	Watson Road Parking lot
AUG 7	Henderson-Swasey: Tunnel Route	Commerce Way Parking
AUG 14	Henderson-Swasey: Trestle Trail	Commerce Way Parking
AUG 21	Oaklands Town Forest	Trail parking Route 85, north of Rte 101
AUG 28	Spruce Swamp Conservation-Brentwood	Trail Parking off Route 125 in Brentwood, heading south,

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



# EXETER AREA YMCA

## ADULT PROGRAMS

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

# SUMMER WELLNESS CHALLENGE



8 WEEKS (JULY 1 - AUGUST 31)  
MIND- BODY- SPIRIT CHALLENGE

Join us for our Summer Wellness Challenge, a fun and engaging way to boost your health and well-being this season. Whether you're looking to improve your fitness, enhance your nutrition, or simply adopt healthier habits, this challenge is for you!

Enter our July and/ or August raffle by completing our Mind/ Body/ Sprit 30-day wellness challenge for a chance to win a fabulous prize!!

Register & collect a wellness challenge card from the wellness floor

MIND	1	Digital Detox Day	2	Read For Pleasure	3	Fuel Your Mind	4	Treat Yourself as You Would a Friend	5	Do a Mini-Declutter			
	6	Get out of Your Comfort Zone	7	Mix Up Your Routine	8	Expand your Network	9	Guided Imagery	10	Get Creative	11	Create Your Own	
	BODY	12	Take a Les Mills Class	13	Be Active for at least 30 minutes	14	Take a Yoga	15	Take a Y360 class	16	Try a different workout than you're used to		
		17	Workout with a buddy	18	Walk the Y's indoor track for 18 laps (1 mile)	19	Drink 2-3 liters of water	20	Take a Shift Class	21	Take a Cycle Class	22	Create Your Own
		SPIRIT	23	Write Out Your Thoughts	24	Random Act of Kindness	25	Check in with Your Emotions	26	Mindful Moment	27	Connect with Nature	
			28	Music	29	Progressive Muscle Relaxation	30	Square Breathing	31	Gratitude Letter	32	Attend a Mini-Meditation Session	33





# EXETER AREA YMCA

## ADULT PROGRAMS

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

# HELL-Summer

### LES MILLS SUMMER LAUNCH

The week of July 14th all Les Mills classes will be launching the newest program releases. Join us for new, motivating music and moves from our awesome team of Les Mills instructors!



### LAUREN'S WEEKLY THEMED WORKOUT

Lauren's themed Cycle classes Wednesdays at 6 PM.

Check Mindbody for themes each week

Lauren's themed rides:

July 3rd- Power Cycle with Gary

July 10th- Reggaeton Ride!

July 17th- Summer Lovin' with Jodi

July 24th- Summer Olympics with Jodi

July 31st- Soft Rock Ride!

August 7th- Global Beats Ride!

August 14th -Funk Ride!

August 21st- Hip Hop Hustle Ride!

August 28th- Tropical House Ride!

### SUMMER PARTY SPECIAL ZUMBA GOLD CLASS

Friday, August 9th

10:15 AM - 11:15 AM

Step into Summer with a rhythmic fusion in our special Zumba Gold Summer Party Edition, led by the dynamic Caroline!

Designed those seeking a lively, low-impact workout.

Register in Mindbody app.



### VIRTUAL RIDES WITH GARY

Friday, July 5th

8:30 - 9:30 AM

Join cycling instructor Gary Murphy as he takes you on virtual rides from great locations across the country. Held in the Cycle Studio. This month features Acadia Ride.

Register in Mindbody





# 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](mailto:nick@sdymca.org) for details.



### WALK WITH EASE

**Coming in the Fall.**

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](mailto: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](mailto:shannon@sdymca.org) for details



**LIVESTRONG**

**AT THE YMCA**

### LIVESTRONG

**Coming in the Fall.**

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](mailto:nick@sdymca.org) for details.





# SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

## GROUP EXERCISE SCHEDULE: July 1 - August 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
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	Yoga - Flow	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
11:30a-12:30p	Yoga - Gentle	Mind/Body	Linda
4:30-5:30p	BODYCOMBAT™	Studio Beat	Denise
5:30-6:30p	BODYPUMP™	Studio Beat	Denise
5:30-6:30p	Cycle	Cycle	Lauren
6:00-7:00p	Yoga - Power	Mind/Body	Wendi

### WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Kelly/Lisa
6:00-6:30a	Powerhouse	Studio Beat	Susan
6:30-7:30a	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
4:30-5:00p	SHIFT Cardio	Odyssey Center	Jillian
5:00-5:45p	SHIFT Strength	Odyssey Center	Jillian
5:30-6:30p	Barre	Studio Beat	Kayoko
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
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
12:30-1:00p	Guided Meditation	Mind/Body	Jill S
12:45-1:45p	Zumba® Stars	Studio Beat	Caroline

### 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 Mind Body 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 Mind Body 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.

### **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.



# 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](mailto:nick@sdyymca.org) or call (603) 642-3361 to book today!





# WELLNESS COACHING

## MEET YOUR WELLNESS GOALS

Wellness coaching is a collaborative process aimed to enhance your strengths, turn your challenges into victories, and support you in operating as your best self.

Wellness coaching is designed to meet you where you are on your change journey, and co-create a plan that allows you to implement lasting behavior changes that support your personal values and goals. The process taps into your internal motivation and works to build your self-confidence.

## WELLNESS COACHING SESSIONS CAN HELP YOU WITH

- Managing your stress
- Boosting your self-care strategies
- Changing your sleep habits
- Regulating your emotions
- Building in more social engagement
- Communicating assertively
- Increasing your physical activity
- Practicing mindfulness
- Making healthier food choices

## AFFORDABLE OPTIONS FOR EVERYONE\*

PRICING		
SESSION	MEMBER	COMMUNITY
Wellness Consultation (20 min)	Free	\$30
1 (60 min) Initial Session	\$65	\$80
3 (35 min) Follow Up Sessions	\$115	\$145

## SHANNON SEIFERTH

Director of Healthy Living  
A Certified Health and Wellness coach

\*Financial assistance is available.

For more information, Please contact Shannon at [shannon@sdyymca.org](mailto:shannon@sdyymca.org)





# 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.

### SITE LOCATIONS

Newton Memorial School (held at DJ Bakie)-AM and PM  
 DJ Bakie Elementary-AM and PM  
 Stratham Memorial School-AM and PM  
 Hampstead Central School-AM and PM  
 Main St Elementary (held at Lincoln St Elementary)-AM & PM

Lincoln St Elementary -AM and PM  
 East Kingston Elementary -PM Only  
 Kensington Elementary -PM Only  
 Swasey Elementary-AM and PM  
 Danville Elementary School - AM and PM  
 Hampton Elementary School-PM Only  
 Ellis Fremont 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](mailto: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](https://sdymca.org/school-age-child-care)



# NEW SCHOOL YEAR REGISTRATION

SCHOOL YEAR 2024 - 2025





# SCHOOL AGE CHILD CARE

## CONNECTIONS IN LEARNING

# LITTLE RIVER

A YMCA SCHOOL AGE CHILD CARE (SACC) PROGRAM

This summer, the YMCA is offering Little River Camp to elementary-aged children. It's an 8-week program in which kids explore and learn in a safe and fun environment. Daily activities include team building, leadership skills, arts and crafts, STEM, 21st-century skills, and more! Little River will include multiple weekly field trips. Ages K - 5th



## MEET THE SACC TEAM

Camp Little River will be run by our School-Age Child Care team! The members from our SACC admin team that will be helping oversee Little River are:

Nicole Fogarty-Registrar. Nicole will be handling our registration and billing which will take place through DAXKO and can be found at [sdymca.org/school-age-child-care](http://sdymca.org/school-age-child-care)

Anthony Panciocco-Director of Child Care Services. Anthony will be helping put together our team of coordinators and counselors and helping manage the program

Melissa Hilfer, who works as a Program Coordinator for our School-Age Child Care program, will serve as the Little River Camp Director. Melissa will be the main point of contact for program information such as field trips, daily schedules, and behavior expectations.



## REGISTRATION OPEN NOW!

CAMP DATES



RATES:

\$305 PER WEEK



HOURS

CAMP REGULAR HOURS:  
8:00AM TO 4:00 PM

PRE-CAMP:

7:00 AM - 8:00 AM

POST CAMP:

4:00 PM TO 6:00 PM

ADDITIONAL CHARGES:

PRE-CAMP \$50

POST-CAMP \$50

BOTH PRE-AND POST CAMP \$80

SCAN ME





# YMCA CAMP LINCOLN

## MAKING MEMORIES

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



**the YMCA**

**EMPOWER  
SUMMER FUN:  
JOIN OUR  
CAMP TEAM!**

**» JOIN OUR TEAM ! «**

# WE ARE HIRING

[Apply Today!](#)

Camp Lincoln is hiring for summer 2024! Make a difference this summer at Camp Lincoln. Whether it is your first time working with campers or you are an experienced teacher, we have many positions available. Make memories, have fun, while having nights and weekends off.

SCAN ME



### GROUP RENTALS FOR 2024

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

Contact Mira, [mira@ymcacamplincoln.org](mailto:mira@ymcacamplincoln.org) for details and to book your event.

