



# SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

## GROUP EXERCISE SCHEDULE: NOVEMBER 1 - DECEMBER 31, 2023\*

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Thad
6:00-7:00a	Barre	Studio Beat	Susan
7:30-8:30a	Total Body Blast	Studio Beat	Allison
8:30-9:30a	Power Cycle	Cycle	Gary
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
10:15-11:15a	Yoga - Flow	Mind/Body	Carrie
11:30a-12:30p	Senior Strength & Balance	Studio Beat	Linda
12:45-1:45p	Barre	Studio Beat	Susan
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
5:15-6:15a	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
9:00-10:00a	SHIFT	Odyssey Center	Corrine
9:00-10:00a	Zumba®	Studio Beat	Caroline
9:15-10:30a	Yoga - Flow	Mind/Body	Carrie/Jolie
11:30a-12:30p	Yoga - Gentle	Studio Beat	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	Joanne
6:45-7:30p	POUND® Unplugged	Studio Beat	Laura

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	Cycle	Cycle	Jodi
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	Lenny
9:00-10:00a	Barre	Studio Beat	Susan
9:00-10:00a	Octogan Circuit	Wellness Floor	staff
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
6:35-7:35p	POUND®	Studio Beat	Jill L

THURSDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:15-6:15a	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
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	Lenny
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
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 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.



# 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.

## **BARRELESS BURN**

Using the principles of Barre with a focus on body weight; challenge your balance, posture, core & stability with a full body workout.

## **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 beginners, seniors, injury rehabilitation & anyone 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

## **POUND® UNPLUGGED**

Balances the focused, high-intensity movements of POUND® with restorative stretches, rhythmic breathing & meditation.

## **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.



# 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.

## 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.