



SOUTHERN DISTRICT YMCA – EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: October 1 – December 31, 2025*

MONDAY

TIME	CLASS	STUDIO	INSTRUCTOR
5:45 – 6:45a	Barre	Studio Beat	Susan
7:30 – 8:30a	Total Body Blast	Studio Beat	Allison
8:00 – 9:00a	Yoga – Vinyasa	Mindbody	Kelli
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 F
10:15 – 11:30a	Yoga – Vinyasa	Mind/Body	Carrie
11:30a – 12:30p	Senior Strength & Balance	Studio Beat	Linda F
12:00 – 12:45p	Torque	Cycle	Corrine
4:30 – 5:15p	TRX® Fusion	Studio Beat	Mariah
5:30 – 6:15p	HIIT Circuit	Studio Beat	Christy
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

TUESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
6:00 – 7:00a	BODYPUMP™	Studio Beat	Giovanna
6:00 – 7:00a	Pilates	Mind/Body	Jodi
6:00 – 7:00a	Cycle	Cycle	Nora
7:30 – 8:30	BODYPUMP™	Studio Beat	Jillian
8:00 – 8:45a	SHIFT	Odyssey Center	Corrine
8:30 – 9:30a	Power Cycle	Cycle	Gary
9:00 – 9:45a	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 F
11:30a – 12:30p	Yoga – Chair	Studio Beat	Linda F
4:30 – 5:30p	BODYCOMBAT™	Studio Beat	Denise
5:30 – 6:30p	BODYPUMP™	Studio Beat	Denise
6:00 – 7:00p	Yoga – Vinyasa	Mind/Body	Melissa
6:45 – 7:45p	Barre	Studio Beat	Linda V

WEDNESDAY

TIME	CLASS	STUDIO	INSTRUCTOR
5:45 – 6:30a	Strength Circuit	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
10:00 – 11:00a	Octogan Circuit	Wellness Floor	Christy
9:00 – 9:45a	SHIFT	Odyssey Center	Allison
10:15 – 11:15a	Total Body Blast	Studio Beat	Linda F
11:30 – 12:30p	Senior Strength & Balance	Studio Beat	Linda F
12:00 – 12:45p	Torque	Cycle	Christy
5:00 – 5:45p	SHIFT	Odyssey Center	Jillian
5:00 – 5:45p	Pilates	Mind/Body	Lauren
5:30 – 6:30p	Barre	Studio Beat	Kayoko
6:00 – 6:30p	Cycle – Sprint & Intervals	Cycle	Lauren
6:00 – 7:00p	Yoga	Mind/Body	Sara

THURSDAY

TIME	CLASS	STUDIO	INSTRUCTOR
6:00 – 7:00a	BODYPUMP™	Studio Beat	Christy
6:00 – 7:00a	Pilates	Mind/Body	Wilhelmina
7:30 – 8:30a	BODYPUMP™	Studio Beat	Jillian
8:00 – 8:45a	SHIFT	Odyssey Center	Corrine
8:00 – 9:00a	Yoga – Vinyasa	Mindbody	Kelli
9:00 – 9:45a	SHIFT	Odyssey Center	Corrine
9:00 – 10:00a	Zumba®	Studio Beat	Caroline
10:15 – 11:15a	Gentle Strength & Stretch	Studio Beat	Linda F
11:30a – 12:30p	Gentle Strength & Stretch	Studio Beat	Linda F
4:30 – 5:15p	HIIT Circuit	Studio Beat	Jackie
4:30 – 5:30p	RPM™ Cycle	Cycle	Mariah
5:30 – 6:30p	BODYPUMP™	Studio Beat	Denise
6:00 – 7:00p	Yoga	Mind/Body	Wilhelmina
6:35 – 7:35p	Zumba®	Studio Beat	Gemma

FRIDAY

TIME	CLASS	STUDIO	INSTRUCTOR
5:45 – 6:30a	Strength Circuit	Studio Beat	Susan
6:30 – 7:30a	RPM™ Cycle & Core	Cycle	Giovanna
7:30 – 8:30a	Yoga – Vinyasa	Mindbody	Kelli
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
12:00 – 12:45p	Torque	Cycle	Jillian
11:30a – 12:30p	Yoga – Chair	Studio Beat	Pam
12:45 – 1:45p	Zumba® Stars	Studio Beat	Caroline
5:30 – 6:30p	Weekly Wildcard Workout	SB/MB/Cycle	Staff

SATURDAY

TIME	CLASS	STUDIO	INSTRUCTOR
7:15 – 8:15a	BODYPUMP™	Studio Beat	Mariah
7:30 – 8:30a	Yoga– Power	Mind/Body	Laura/Wilhelmina
8:00 – 9:00a	Cycle	Cycle	Jodi
8:30 – 9:30a	POUND®	Studio Beat	Amy /Laura
8:30 – 9:15a	SHIFT	Odyssey Center	Kelli
9:00 – 10:00a	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
8:15 – 9:15a	Pilates	MindBody	Jodi
8:30 – 9:30a	Power Cycle	Cycle	Gary
9:30 – 10:30a	Yoga – Flow	Studio Beat	Jodi

KIDS CLUB HOURS

MONDAYS: 8:30 AM – 11:30 AM, 4:15 PM – 7:00 PM

TUESDAYS: 8:30 AM – 11:30 AM, 4:15 PM – 7:00 PM

WEDNESDAYS: 8:30 AM – 11:30 AM, 4:15 PM – 7:00 PM

THURSDAYS: 8:30 AM – 11:30 AM, 4:15 PM – 7:00 PM

FRIDAYS: 8:30 AM – 11:30 AM

SATURDAYS: 8:00 AM – 11:00 AM

*Classes are subject to change; please check YMCA 360 for current class schedule and instructor availability.

Members must sign up in advance for all classes at the Exeter Area YMCA. There is a 72- hours advanced sign up for all classes. You can do this through the YMCA 360 website or app.

SPECIAL CLASSES SCHEDULE: October 1 - December 31, 2025*

CLASS / INSTRUCTOR	DATE	TIME	STUDIO
Yoga Nidra* w/Carrie	Tuesdays, October 21st	6:45 PM - 7:30 PM	Studio Beat
	Wednesdays, October 22nd	12:00 PM - 1:00 PM	Mind Body Studio
	Thursdays, October 23rd	9:15 AM - 10:00 AM	Mind Body Studio
	Tuesdays, November 18th	6:45 PM - 7:30 PM	Studio Beat
	Wednesdays, November 19th	12:00 PM - 1:00 PM	Mind Body Studio
	Thursdays, November 20th	9:15 AM - 10:00 AM	Mind Body Studio
	Wednesdays, December 17th	12:00 PM - 1:00 PM	Mind Body Studio
	November, December 18th	9:15 AM - 10:00 AM	Mind Body Studio
	Tuesdays, December 23rd	6:45 PM - 7:30 PM	Studio Beat

*registration for Yoga Nidra is open. You can reserve your spot through the YMCA 360 website or app.

DAY/ TIME	DATE	CLASS*	STUDIO	INSTRUCTOR
Weekly Wildcard Workout Friday 5:30 - 6:30p	October 3rd	Yoga – Flow & Restore	Mind/Body	Rachel
	October 10th	Pound Unplugged	Studio Beat	Laura
	October 17th	Yoga – Flow & Restor	Mindbody	Rachel
	October 24th	Step	Studio Beat	Linda F
	October 31st	Zumba	Studio Beat	Courtney
	November 7th	Yoga – Flow & Restore	Mind/Body	Rachel
	November 14th	Pound Unplugged	Studio Beat	Laura
	November 21st	Step	Studio Beat	Linda F
	November 28th	Barre	Studio Beat	Linda V
	December 5th	Yoga – Flow & Restore	Mind/Body	Rachel
	December 12th	Pound Unplugged	Studio Beat	Laura
	December 19th	Barre	Studio Beat	Linda V
	December 26 th	BODYPUMP™	Studio Beat	Christy

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CLASS DESCRIPTIONS

For class descriptions, please visit our website at <https://www.sdyymca.org/group-exercise-classes-at-the-y> or scan the QR code. Class descriptions are also available on YMCA360.

SCAN ME!



CLASS RESERVATIONS AND SIGN-UPS

Reserve a space here on YMCA360 or by emailing membership@sdyymca.org 24 hours in advance.

RESERVATION POLICY

- Members must sign up in advance for all classes at the Exeter Area YMCA.
- There is a 72-hour advanced sign-up for all classes that require advance sign-up.
- If you are unable to attend a class you have signed up for, please cancel your reservation for the class to allow other members to sign up for the class.
- Non-members and Nationwide Members are required to call in advance to confirm class availability and reserve a spot

AGE REQUIREMENTS

Members aged 10-14 may participate in all classes and must be accompanied by and in direct supervision of an adult who is also a member.