

the



SOUTHERN DISTRICT YMCA PROGRAM GUIDE

APR | MAY | JUN



2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FOR MORE INFORMATION



MEMBERSHIP@SDYMCA.ORG



(603) 642-3361



56 LINDEN ST, EXETER, NH

FIND YOUR Y



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 - 11:30 AM, 4:15 PM - 7:00 PM

FRIDAY: 8:30 AM - 11:30 AM

SATURDAY: 8:00 AM - 11:00 AM

ACTIVE KIDS HOURS

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

HOLIDAY HOURS:

SUNDAY, APRIL 20th - EASTER CLOSED

MONDAY, MAY 26th - MEMORIAL DAY CLOSED



HOW CAN WE HELP?

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

FOR FACILITY UPDATES

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

SAVE THE DATES



DATE	EVENT	TIME
SATURDAY, APRIL 5TH	CAMP LINCOLN - PADDLE PLUNGE	10:00 AM - 1:00 PM
THURSDAY, APRIL 10TH	MEET THE TRAINERS NIGHT	7:00 PM - 8:00 PM
SUNDAY, APRIL 13TH	PICKLEBALL BASH	4:00 PM - 6:00 PM
TUESDAY, APRIL 22ND	EARTH DAY	9:00 AM - 6:00 PM
SATURDAY, APRIL 26TH	HEALTHY KIDS' DAY	10:00 AM - 1:00 PM
WEDNESDAY, MAY 7TH	UPPER EXTREMITY SCREENING	10:00 AM - 11:30 AM
FRIDAY, MAY 9TH	BLOOD DRIVE	8:30 AM - 4:30 PM
SATURDAY, MAY 31ST	CAMP LINCOLN - OPEN HOUSE	10:00 AM - 4:00 PM
WEDNESDAY, JUNE 4TH	INJURY SCREENINGS	10:00 AM - 12:00 PM



REGISTER FOR PROGRAMS



Discover a world of opportunities for growth, fun, and connection by signing up for our programs today! Whether you're looking for fitness classes, youth programs, or family-friendly activities, we have something for everyone. Follow the steps below to secure your spot and start your journey with us:

How to Register

REGISTER FOR PROGRAMS USING DAXKO

Use Daxko to register for programs including Kids Club and Active Kids

Instructions (Web Browser)

- 1. Visit the SDYMCA Website:**
 - Open your web browser and go to www.sdymca.org
- 2. Locate Member Login:**
 - On the SDYMCA home page, Find and click the "Member Login" button, usually located at the top of the page.
- 3. Enter Your Email or Phone No. Associated with your Exeter Area YMCA Account:**
 - If you don't know your email or need to verify your email, please visit the front desk or call us at (603) 642-3361
- 4. Enter Your Password**
 - If you have logged in before, enter your password
 - If this is your first time, set up a password
- 5. Locate Activities**
 - On Your profile home page, Find and click the Activities button, usually located at the top right of the page.
- 6. Register for a program or Schedule a visit**
 - "Register for a program" is for programs
 - "Schedule a visit" is for Kids Club and Active kids
- 7. Search for the program you would like to sign up for**
 - Type the name of the program, or use a keyword. Ex: 'Pickleball'
- 8. Select Your Program**
 - Click on the program that you would like to register for
 - Be sure to review the details, including start and end dates, age requirements, and fees.
- 9. Complete Registration**
 - Follow the prompts to complete your registration.
- 10. Payment**
 - Secure your spot by completing the payment process. Payment options include credit card, online payment platforms, or in-person payments at our location.
- 11. Confirmation**
 - Once registered, you'll receive a confirmation email with all the details. Keep this for your records and as a reminder of your start date.

REGISTER FOR GROUP CLASSES USING MINDBODY

Use Mindbody App to register for Group EX

Instructions to sign up for classes using the Mindbody App

1. Download Mindbody App on a mobile device
 - Apple:** App Store
 - Android:** Google Play
2. Create a log-in (email/password), or sign in if you have already created an account
 - a. After you have logged-in, it should direct you to the Mindbody home screen
3. Press on the "Search" icon on the bottom left of your screen
4. Enter "Exeter Area YMCA" in the search bar
5. Once you press on the YMCA icon; it should bring you to a screen that asks you to view our schedule.
 - a. Pro Tip: Click the heart on our YMCA home page so our schedule stays at the top of your Mindbody screen upon every opening of the app
6. Next to every class on our schedule there is a button that reads: "Book"
7. Click "Book" to reserve a spot in the group exercise class
 - a. Our schedule will only show you classes up to 3 days in advance!

Congratulations! Your Reservation is now complete.

Just a reminder, please cancel classes you are unable to attend. The button for canceling a reserved class will be in the same spot as the original "book" button, if needed.

Instructions to sign up for classes using the SDYMCA.org

1. Find and click "Sign Up For Classes" at the top of the home page.
2. Scroll down to find the class you wish to register for (classes are available for registration up to 3 days in advance)
 - a. Click "Sign up now" to be directed to the Make a Reservation Page
3. Enter your name next to Client Search. When you find your name click on it and hit Enter
4. Click on "Make A Single Reservation" Congratulations! Your Reservation is now complete.

Just a reminder, please cancel classes you are unable to attend. You can edit your schedule reservation on this page.



TODDLER PROGRAMS



TODDLER GYM TIME

Tuesdays, Thursdays & Saturdays

10:00 AM – 12:00 PM, Court 1

FAMILY MEMBERS: Free; COMMUNITY: \$15 per visit

Age: 2 – 6

Parents and toddlers come to enjoy open play time.

We'll have age-appropriate equipment out for the kiddos to enjoy.

TODDLER GLOW PARTY

REGISTRATION REQUIRED – DAXKO

Wednesday, June 4th

10:00 AM – 11:00 AM, Mindbody

FAMILY MEMBERS: \$10; COMMUNITY: \$20

Age: 1 – 6

Get ready to light up the night at our Toddler Glow Dance Party! This is a fun way to kick off the summer and meet families in our YMCA community!

PLAYTIME – BIG BLUE BLOCKS

Wednesdays & Saturdays

10:00 AM – 12:00 PM, Court 1

FAMILY MEMBERS: Free; COMMUNITY: \$15 per visit

Age: 2 – 6

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 6 years.

Explore your creativity using the large, lightweight foam blocks in various shapes and sizes to create an immersive play experience.

STORY TIME!

Fridays

10:30 AM – 11:30 AM

MEMBERS: Free

Age: 2 – 6

Join us for themed stories in the Kids Club room!

YOUTH & TEEN PROGRAMS



YOUTH VOLLEYBALL

REGISTRATION REQUIRED – DAXKO

Thursdays, April 3rd – May 29th (9 weeks)

4:00 PM – 5:00 PM, Court 2

MEMBERS: Free; COMMUNITY: \$40

Age: 10–17

Get Ready to Serve, Set, and Spike! Take the first step towards becoming a confident, skilled volleyball player while having fun and making new friends!

SUNDAE BAR & GAME NIGHT

REGISTRATION REQUIRED – DAXKO

Friday, June 20th

5:00 PM – 6:30 PM

Free

Age: 7–16

Bring your friends and enjoy an Ice Cream Sundae Bar and Game Night! Build your perfect sundae, then have fun playing games. We'll provide the sundae ingredients and games, but feel free to bring your favorite games from home!

YOUTH PICKLEBALL – OPEN PLAY

REGISTRATION REQUIRED – DAXKO

Fridays starting April 4th – 25th

4:00 PM – 5:00 PM, Court 2

MEMBERS: Free

Age: 10 – 17

Youth Pickleball is back; part instruction, part open play.

LEGO ROBOTICS CLUB

REGISTRATION REQUIRED – DAXKO

Thursdays

Session 1: April 10th – May 8th (4 Weeks)

Session 2: May 15th – June 5th (4 Weeks)

4:00 PM – 5:00 PM, Community Room

MEMBERS: \$15; COMMUNITY: \$30 price per session

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, and problem-solving skills.

No class Thursday, May 1st





SDYMCA BOOK CLUB

REGISTRATION REQUIRED - DAXKO

Thursday, April 17th

5:30 PM - 6:30 PM, Community Room

MEMBERS: Free; COMMUNITY: \$15

Age 16+

Whether you're a lifelong reader or new to the world of books, this club offers a chance to connect with others who share your love for reading. Each month, members will choose a book to read, then come together for meaningful conversations and a love for literature

COFFEE CONNECTIONS:

A SUPPORT GROUP FOR THOSE ADJUSTING TO RETIREMENT

Mondays

9:00 AM - 10:00 AM, Community Room

Free, No registration needed

Join a warm and welcoming space to share experiences, challenges, and triumphs of retirement over a cup of coffee or tea. Connect, converse, and build community with others navigating this life stage. Open to all retired or nearing retirement.

UNDERSTANDING AND MANAGING KNEE PAIN

REGISTRATION REQUIRED - DAXKO

Wednesday, April 2nd

10:00 AM - 11:00 AM, Community Room

Age: 18+

MEMBERS: \$5; COMMUNITY: \$15

Join Access Sports Medicine for a one-hour seminar on common causes of knee pain and effective management strategies. Learn how to keep your knees strong and pain-free with expert advice on exercise, lifestyle modifications, and when to seek medical care. Don't miss this opportunity to take control of your knee health!

VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Tuesdays, April 1st - June 24th (13 weeks)

Thursdays, April 3rd - June 26th (13 weeks)

5:45 PM - 7:45 PM, Court 2

Age: 16+

MEMBERS: Free; COMMUNITY: \$78

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.

POP-UP NEEDLE FELTING

Mondays, Starting April 7th

10:00 AM - 12:00 PM, Community Room

MEMBERS: Free

Join needle felt instructor, Liz Conrad for a pop-up needle felting program. Each week participants will learn to create a needle felting project. Needle felting is a type of art that uses a fine sewing needle to create various shapes.

KEEPING THE KEYS PROGRAM WITH AAA

REGISTRATION REQUIRED - DAXKO

Tuesday, May 13th

12:15 PM - 1:15 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

Keeping the Keys is a workshop designed to help keep senior drivers on the road for as long as safely possible. The free hour-long presentation is filled with tips and resources for older drivers and their families. This workshop is presented by Thomas Baran, Traffic Safety Specialist for AAA Northern New England.

Light lunch will be served.

MAKING THE RIGHT CHOICES WITH AAA

TEEN AND FAMILY PROGRAM

REGISTRATION REQUIRED - DAXKO

Wednesday, June 4th

3:30 PM - 4:30 PM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

This interactive presentation highlights the dangers of risky driving behaviors like speeding, texting, drowsy driving, distracted or impaired driving which increases the risk of a crash. The presentation looks at the effects of alcohol and drugs and how they affect the body and your driving abilities.



WOMEN'S LIFTING CLUB

REGISTRATION REQUIRED - DAXKO

Tuesdays & Thursdays

April 1st - May 1st (8 Classes)

May 6th - May 30th (8 Classes)

June 3rd - June 27th (8 Classes)

11:00 AM - 12:00 PM, Odyssey Center

MEMBERS: \$45; COMMUNITY: \$90

Age 18+

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

WILDCARD WORKOUT

REGISTRATION REQUIRED - MINDBODY APP

Fridays

5:30 PM - 6:30 PM

April 4th, Zumba w/ Laura in Studio Beat

April 11th, Pound Unplugged w/ Laura in Studio Beat

April 18th, BODYPUMP w/ Christy in Studio Beat

April 25th, Pilates w/ Lauren in Mind/Body Studio

May 2nd, Zumba w/ Laura in Studio Beat

May 9th, Pound Unplugged w/ Laura in Studio Beat

May 16th, TRX w/ Christy in Studio Beat

May 30th, Zumba w/ Laura in Studio Beat

LAUREN'S WEEKLY THEMED WORKOUT

REGISTRATION REQUIRED - MINDBODY APP

Wednesdays

6:00 PM - 7:00 PM

Join Lauren's themed cycle ride.

INTRO CLASSES

REGISTRATION REQUIRED - MINDBODY APP

Come try our Intro Classes and explore everything our gym has to offer! Learn various techniques in Yoga, master the moves and proper form for Les Mills Pump and Les Mills Combat, and get fitted for a bike as you experience our cycling classes. You'll also get a chance to discover the unique aspects of our MindBody Studio, Cycle Studio and Studio Beat classes. It's the perfect way to find the classes that best fit your fitness goals!

Sunday, March, 29th, Studio Beat

Intro to Zumba at 10:45 AM w/ Courtney & Gemma

Saturday, April 12th, Odyssey Center

Intro to SHIFT at 10:30 AM w/ Nick

Saturday, April 19th, Studio Beat

Intro to BODYPUMP and BODYCOMBAT at 10:45 AM w/ Jillian

LES MILLS LAUNCH

REGISTRATION REQUIRED - MINDBODY APP

April 12th - 13th

Saturday, BODYPUMP 7:15 AM - 8:15 AM, Studio Beat

Sunday, BODYCOMBAT 8:15 AM - 9:15 AM, Studio Beat

Join us for the launch of the newest Les Mills material for BODYCOMBAT & BODYPUMP.

CLINICAL PILATES

REGISTRATION REQUIRED - DAXKO

Starting April 2nd

Wednesdays, 5:00 PM - 6:00 PM

Wednesdays, 6:10 PM - 7:10 PM

MEMBERS: \$75; COMMUNITY: \$95

Age 18+

Join Wilhelmina for a specialized Clinical Pilates experience, blending therapeutic principles with a deep understanding of anatomy and biomechanics. This class is designed to enhance strength, flexibility, and balance while focusing on core stability to improve functional movement. Ideal for injury rehabilitation and managing chronic conditions, Clinical Pilates offers a safe, effective approach to movement and recovery.



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

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 Susan Janetos at sue@sdymca.org for details



LIVESTRONG

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.





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 personal trainer to establish goals
- ✓ Overcome obstacles
- ✓ Stay motivated
- ✓ Sample different exercises
- ✓ Improve your favorite exercises
- ✓ Learn healthy eating habits

FOR MORE INFORMATION

AFFORDABLE OPTIONS FOR EVERYONE

FIRST TIME INDIVIDUAL INTRODUCTORY PACKAGE

3 Sessions	1 hour	\$140
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INDIVIDUAL PERSONAL TRAINING

No. Of Session	1 HOUR SESSION/S	30 MINUTE SESSION/S
1	\$65	\$45
5	\$300 (\$60/session)	\$225 (\$45/session)
10	\$550 (\$55/session)	\$400 (\$40/session)
15	\$750 (\$50/session)	\$525 (\$35/session)
20	\$900 (\$45/session)	\$600 (\$30/session)

SMALL GROUP 3 MEMBERS

No. Of Session	1 HOUR SESSIONS
5	\$425 (85/session)
10	\$800 (\$80/session)
15	\$1125 (\$75/session)
20	\$1400 (\$70/session)

OTHER PACKAGES AND OPTIONS AVAILABLE

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



SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: June 1 - June 30, 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
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 - 6:15p	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 R

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
9:00-10:00a	Octogan Circuit	Wellness Floor	Christy
9:00-9:45a	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	
5:00-5:45p	SHIFT	Odyssey Center	Jillian
5:00-5:45p	Pilates	Mind/Body	Lauren
6:00-7:00p	Cycle	Cycle	Lauren
6:00-7:00p	Yoga	Mind/Body	Sara

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
11:30a-12:30p	Yoga - Chair	Studio Beat	Pam
12:45-1:45p	Zumba® Stars	Studio Beat	Caroline

TUESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
6:00-7:00a	BODYPUMP™	Studio Beat	Giovanna
6:00-7:00a	Pilates	Mind/Body	Jodi
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
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
6:15 - 7:15p	Yoga - Power	Mind/Body	Wendi

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
11:30a-12:30p	Gentle Strength & Stretch	Studio Beat	Linda
1:00 -3:00p	Les Mills Virtual	SB/MB/Cycle	
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 - Power	Mind/Body	Wilhelmina
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	Yoga- Power	Mind/Body	Laura/Wilhelmina
8:00-9:00a	Cycle	Cycle	Jodi
8:30-9:30a	POUND®	Studio Beat	Amy
9:00-10:00a	SHIFT	Odyssey Center	Kelli
9:00-10:00 a	Pilates	Mind/Body	Wilhelmina
9:35-10:35a	Zumba®	Studio Beat	Stephani/Gemma
11:00 a-1:00p	Les Mills Virtual	Studio Beat	

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 MindBody for current class schedule and instructor availability.

Members must sign up in advance for all classes at the Exeter Area YMCA. There is a 3-day advanced sign up for all classes. You can do this through the MindBody website or app.

BARRE

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

BODYCOMBAT™

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

BODYPUMP™

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

CYCLE

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

GENTLE STRENGTH & STRETCH

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

HIIT CIRCUIT

Move through a series of alternating high intensity cardio and strength exercises, which will improve your functional fitness and endurance.

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

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.

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.

STRENGTH CIRCUIT

Move through a series of timed stations that combine strength exercises, functional fitness and endurance training. If after 30 minutes of a higher intensity workout you want more, members are invited to stay for 15 minutes of weights and core work.

TOTAL BODY BLAST

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

TRX® FUSION

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

YOGA

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

YOGA – CHAIR

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

YOGA – FLOW

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

YOGA – POWER

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

YOGA – GENTLE

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

YOGA TO MEDITATION

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

YOGA - VINYASA

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

ZUMBA®

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

ZUMBA GOLD®

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

ZUMBA STARS®

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



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 lunch, snacks, water bottles, and weather-appropriate attire.

SCHOOLS SERVED

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

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

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.

For pricing and registration please visit at sdymca.org/SACC

LITTLE RIVER SUMMER CAMP

Monday, June 23rd – Friday, August 15th

Kindergarten– 5th grade

8:00 AM – 4:00 PM

\$314 per week

Attention all young explorers! Get ready for an unforgettable summer at our amazing Summer Camp! Packed with thrilling outdoor adventures, creative arts and crafts, sports, and endless fun, this is the perfect place for kids to make memories that will last a lifetime. Don't miss out on the excitement—join us for a summer full of adventure and creativity!

Pre and post camp available for additional fees

WE ARE HIRING

Camp Little River is hiring for summer 2025! Make a difference this summer. 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.

[Apply Today!](#)





APRIL VACATION CAMP

Monday, April 28th – Friday May 2nd

Age: 5 – 14

8:00 AM – 5:00 PM

\$60 a day

Join the fun at camp this April! Campers enjoy all the camp activities we know and love such as the ropes course, creative art projects, and being active outdoors. Camp fills fast, sign up today!

FAMILY CAMP

Saturday, October 11th – Monday October 13th

ALL DAY

Adult: \$255; Youth: \$155

Join us on the shores of Kingston Lake for a long-weekend of Family Fun. Experience all the fun of summer camp with your whole family. Families can be active with boating or the ropes course, or relax with unique crafts and s'mores by the campfire. Enjoy quality time outside with your family this holiday weekend and create a new family tradition for years to come. All meals and accommodation included.

OPEN HOUSE

Saturday, May 31st

10:00 AM – 4:00 PM

New and future campers and families are welcome to join us for our annual Open House. Tours will leave every 30-minutes lead by camp staff. Your camp tour will introduce you to our programs, activities, staff, and history. We look forward to welcoming your family to camp this summer!

SPECIALTY CAMPS

Monday, June 23rd – Friday, August 15th

Age: 8 – 14

8:30 AM – 4:30 PM

\$720/2-Week Session

Specialty Camps provide campers with the opportunity to focus on activities they are passionate about for half of each day. Campers learn new skills and take home a sense of accomplishment. Camps include mountain biking, theater, nature, survivor, jewelry, and more!

SUMMER CAMP

Monday, June 16th – Friday, August 22nd

Kindergarten–9th grade

8:30 AM – 4:30 PM, Camp Lincoln

\$387 per week

Summer camp registration is now open, and spots are filling up fast! Give your kids the chance to experience the great outdoors on the shore of Kingston Lake, away from screens. Campers will form lasting friendships while enjoying a variety of activities, such as swim lessons, boating, arts and crafts, sports, nature exploration, high ropes, farm activities, pottery, mountain biking, theater, cooking, fishing, and more! Camps are available for kids entering grades K–9th. Don't miss out!

JUNIOR COUNSELORS-IN-TRAINING (CIT)

Monday, June 23rd – Friday July 18th

Monday, July 21st – Friday August 15th

8:30 AM – 4:30 PM, Camp Lincoln

\$1,150 (4-week session)

Age: 14

Junior CITs take part in a training week that mirrors our staff training focusing on team building, effective communication skills, and working with children. Junior CITs integrate into the camp program and get hands-on experience working with campers, leading activities, and learning from experienced staff and Senior CITs.

GROUP RENTALS FOR 2025

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

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

WE ARE HIRING

Camp Lincoln is hiring for summer 2025! 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.

[Apply Today!](#)



HIKING CLUB

WELCOME TO NH TRAIL EXPLORATION HIKING CLUB

We're excited to have you join us for a fun and scenic hike! We will explore a beautiful local trail, offering a mix of terrain that will keep you engaged while taking in the fresh air and natural surroundings.

REGISTRATION AND FEE

The hike is free, but please register to help us plan for staffing. Visit the front desk, or call us at (603) 642 - 3361 to sign up.

MEET UP LOCATION

Please meet at the designated trailhead parking lot. Specific details, including directions and a meeting point, will be provided upon registration. Carpooling is encouraged as parking may be limited.

WHAT TO BRING

- Water – Staying hydrated is essential, so bring enough water for the entire trip.
- Snacks – A light snack for the trail is always a good idea (remember to carry out any trash).
- Sunglasses – Protect your eyes from the sun.
- Hat – A hat helps protect from the sun or adds warmth on cooler mornings.
- Dress in Layers – The weather can change quickly, so wear layers.
- Hiking Shoes – The trail may be muddy, and the terrain could be rocky in places, so sturdy shoes are recommended.
- Hiking Poles – Helpful for navigating uneven terrain.
- Backpack – To carry your water, snacks, and other essentials hands-free.
- First Aid Kit – While we will have one on hand, feel free to bring any personal items you may need (like inhalers or EpiPens).
- And don't forget to bring your smile and a sense of adventure!

HIKING INFO SESSION

APRIL 2ND | 8:30 AM – 9:30 AM

Join us for a brief and informative session on everything you need to know for a safe and enjoyable hiking experience! We'll cover essential gear, trail safety, what to bring, and tips for navigating different terrains. Whether you're a beginner or an experienced hiker, this session will help you feel confident and prepared for your next adventure. Come with your questions and get ready to hit the trails!

WEDNESDAYS HIKE

SPRING SESSION – APRIL – JUNE

SUMMER SESSION – JULY – SEPTEMBER

FALL SESSION – OCTOBER – DECEMBER

Wednesday's hike is rated easy to moderate, covering several miles. We plan to hike for about 90 minutes.

HIKING ADVENTURE – WEEKEND HIKE

SPRING SESSION – APRIL – JUNE

FALL SESSION – OCTOBER – NOVEMBER

Weekend's hike is rated moderate to difficult, covering several miles. We plan to hike for about 2-3 hours.

SIGN UP FOR OUR EMAIL BLAST

For specific hike details, including trail location, directions, meeting points, and any last-minute updates, sign up for our email blast. This ensures you receive all the necessary information to prepare for a great hiking experience. Stay informed and ready for the adventure!

FIND WHAT MOVES YOU..
FIND YOUR PASSION..



SPRING 2025 SCHEDULE

HIKING TRAIL EXPLORATION

90 MINUTES HIKE | WEDNESDAYS | START 9 AM

DATE	TRAIL	MEET UP LOCATION
APR 9	PEA Trail Exploration	Gardner Street Parking
APR 16	Gilman Park	Park at the Skateboard park on Route 108
APR 23	Jolly-Rand Trail	Parking lot off Pickpocket Road
APR 30	Stratham Hill Park	Main parking lot
MAY 7	Henderson Swasey -Tunnel Route	Commerce Way parking
MAY 14	Henderson Swasey -Trestle Route	Commerce Way parking
MAY 21	Henderson Swasey - Gas Line Trail	Commerce Way parking
MAY 28	Oaklands Town Forest Trail-Rte 85	Trail parking Route 85, north of Rte 101
JUNE 4	Oaklands Town Forest - Watson Road	Parking Lot: Watson Road
JUNE 11	Stratham Hill Park	Main parking lot
JUNE 18	Brentwood - Keliher Trail	Route 125 Parking Entrance
JUNE 25	Brentwood - Forest Trail	Route 125 Parking Entrance

HIKING ADVENTURES 4-5 MILES | SUNDAY | START 9 AM

DATE / TIME	TRAIL	MEET UP LOCATION
APR 27	Sweet Trail	Crommet Creek Parking Lot-off Dame Road
MAY 18	Mount Agamenticus (Maine)	Lower Trail Head Parking lot
JUNE 22	Pawtuckaway State Park	Outside of the Park Office

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