



# SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: SEPTEMBER 10 - OCTOBER 28, 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 | staff      |
| 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       |
| 6:45-7:15p    | 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    |
| 10:15-11:00a  | Barreless Burn            | Mind/Body      | Susan      |
| 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       |
| 4:15-5:00p    | Family Zumba®             | Studio Beat    | Caroline    |
| 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       | Jodi             |
| 8:00-9:00a  | Yoga - Power | Mind/Body   | Joanne/Christina |
| 8:30-9:30a  | POUND®       | Studio Beat | Amy              |
| 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.