



# Exeter Area YMCA Group Exercise Schedule Winter '20 (3/02-4/5)

| Monday  | Tuesday                                       | Wednesday  | Thursday  | Friday   | Saturday  | Sunday                                 |
|---|---|--|---|--|---|--|
| Cycle   | BEAT  | Cycle  | BEAT  | Cycle  | OC  | Cycle                                  |
| <b>Cycle*</b><br>5:15am<br>Carrie                       | <b>BODYPUMP</b><br>5:10am<br>Giovanna         | <b>Cycle*</b><br>5:15am<br>Katrina                       | <b>BODYPUMP</b><br>5:10am<br>Giovanna                   | <b>Cycle*</b><br>5:15am<br>Linda                     | <b>OCR Training*</b><br>6:15am<br>Courtney                        | <b>Cycle*</b><br>6:15am<br>Jodi/Thad   |
| OC  | OC  | OC   | OC  | BEAT   | Cycle   | OC                                     |
| <b>SHIFT*</b><br>5:15am<br>Chris                        | <b>SHIFT*</b><br>5:15am<br>Emily              | <b>SHIFT*</b><br>5:15am<br>Chris                         | <b>SHIFT*</b><br>5:15am<br>Chris                        | <b>Barre*</b><br>6:10am<br>Susan                     | <b>Cycle*</b><br>7:15am<br>Kelly                                  | <b>SHIFT*</b><br>7:15am<br>Courtney    |
| BEAT  | OC  | OC   | MB  | Cycle  | BEAT  | BEAT                                   |
| <b>Barre*</b><br>6:10am<br>Susan                        | <b>SHIFT*</b><br>6:15am<br>Emily              | <b>SHIFT*</b><br>6:15am<br>Chris                         | <b>Power Yoga</b><br>6:30am<br>Christina                | <b>Beginner Cycle*</b><br>8:15am<br>Gary             | <b>BODYPUMP</b><br>7:00am<br>Stephanie                            | <b>BODYPUMP</b><br>7:15am<br>Corrine   |
| BEAT  | MB  | BEAT   | BEAT  | BEAT   | OC  | MB                                     |
| <b>CORE</b><br>7:45am<br>Giovanna                       | <b>Power Yoga</b><br>6:30am<br>Ardys          | <b>CORE</b><br>7:45am<br>Giovanna                        | <b>BODYPUMP</b><br>7:20am<br>Stephanie                  | <b>BODYPUMP</b><br>8:30am<br>Karen                   | <b>SHIFT*</b><br>7:30am<br>Molly/Lauren                           | <b>BODYFLOW</b><br>8:30am<br>Jodi      |
| Cycle   | Cycle   | BEAT   | BEAT  | MB   | MB  | BEAT                                   |
| <b>RPM Cycle*</b><br>8:30am<br>Giovanna                 | <b>Cycle*</b><br>7:00am<br>Thad               | <b>BODYPUMP</b><br>8:30am<br>Jillian                     | <b>BODYSTEP</b><br>8:30am<br>Michele                    | <b>Vinyasa Flow</b><br>8:30am<br>Steph               | <b>Power Yoga</b><br>8:00am<br>Ardys/Joanne                       | <b>BODYCOMBAT</b><br>8:30am<br>Corrine |
| BEAT  | BEAT  | Cycle  | Cycle   | OC   | Cycle   | Cycle                                  |
| <b>BODYPUMP</b><br>8:30am<br>Michele                    | <b>BODYPUMP</b><br>7:20am<br>Jillian          | <b>RPM Cycle*</b><br>8:30am<br>Giovanna                  | <b>Cycle*</b><br>8:30am<br>Thad                         | <b>SHIFT*</b><br>9:00am<br>Corrine                   | <b>Cycle*</b><br>8:30am<br>Lisa                                   | <b>Power Cycle*</b><br>8:30am<br>Gary  |
| MB  | BEAT  | OC   | MB  | Cycle  | BEAT  | OC                                     |
| <b>Yoga Flow</b><br>8:45am<br>Kristen                   | <b>TRX Boot Camp</b><br>8:30am<br>Jillian     | <b>SHIFT*</b><br>9:00am<br>Corrine                       | <b>BODYFLOW</b><br>9:30am<br>Michele                    | <b>Cycle*</b><br>9:30am<br>Michele                   | <b>POUND</b><br>8:30am<br>Amy                                     | <b>FIIT45*</b><br>8:30am<br>Kay        |
| OC  | Cycle   | BEAT   | BEAT  | MB   | OC  | BEAT                                   |
| <b>SHIFT*</b><br>9:00am<br>Carrie                       | <b>Cycle*</b><br>8:30am<br>Thad               | <b>Barre*</b><br>9:45am<br>Susan                         | <b>Zumba Gold</b><br>9:35am<br>Caroline                 | <b>Pilates</b><br>9:45am<br>Sarah                    | <b>SHIFT*</b><br>8:30am<br>Molly/Lauren                           | <b>Barre*</b><br>9:40am<br>Kay         |
| Cycle   | MB  | OC   | Cycle   | BEAT   | MB  | MB                                     |
| <b>Cycle*</b><br>9:30am<br>Michele                      | <b>Vinyasa Flow</b><br>9:15am<br>Jolie/Carrie | <b>Y Barbell Club**</b><br>10:00am<br>John               | <b>Pedaling for Parkinson's**</b><br>10:30am<br>Michele | <b>Barre*</b><br>9:45am<br>Susan                     | <b>Power Yoga</b><br>9:15am<br>Joanne/Christina                   |  |
| MB  | BEAT  | MB   | MB  | OC   | OC  |  |
| <b>Pilates</b><br>9:45am<br>Sarah                       | <b>Zumba</b><br>9:30am<br>Caroline            | <b>Gentle Yoga</b><br>10:30am<br>Sue                     | <b>Gentle Yoga</b><br>10:40am<br>Sue                    | <b>Prescribe the Y**</b><br>10:00am<br>Molly         | <b>CORE*</b><br>9:30am<br>Kelly                                   |  |
| BEAT  | BEAT  | Cycle  | BEAT  | MB   | BEAT  |  |
| <b>Barre*</b><br>9:45am<br>Susan                        | <b>Cardio Sculpt</b><br>10:45am<br>Linda      | <b>Pedaling for Parkinson's**</b><br>10:00am<br>Giovanna | <b>Cardio Sculpt</b><br>10:40am<br>Emma                 | <b>BODYFLOW</b><br>10:45am<br>Michele                | <b>Zumba</b><br>9:35am<br>Stephani/Gemma                          |  |
| OC  | MB  | BEAT   | Track   | BEAT   | OC  |  |
| <b>Prescribe the Y**</b><br>10:00am<br>Molly            | <b>Chair Yoga</b><br>10:45am<br>Sue           | <b>Cardio Sculpt</b><br>10:45am<br>Linda                 | <b>Walk &amp; Talk</b><br>11:30am                       | <b>Senior S &amp; B</b><br>12:00pm<br>Lauren/Michele | <b>Prescribe the Y**</b><br>Family Fitness<br>10:15am<br>Courtney |  |
| Cycle   | Track   | BEAT   | BEAT  | BEAT   | BEAT  |  |
| <b>Pedaling for Parkinson's**</b><br>10:45am<br>Michele | <b>Walk &amp; Talk</b><br>11:30am             | <b>Senior S &amp; B</b><br>11:45am<br>Molly              | <b>Senior S &amp; B</b><br>11:45am<br>Michele           | <b>Zumba Stars</b><br>12:45pm<br>Caroline            | <b>Youth Martial Arts*</b><br>10:40am<br>Nick                     |  |
| MB  | BEAT  | BEAT   | OC  |  | BEAT  |  |
| <b>Gentle Pilates</b><br>11:00am<br>Sarah               | <b>Senior S &amp; B</b><br>12:00pm<br>Emma    | <b>Zumba Stars</b><br>12:45pm<br>Caroline                | <b>Express SHIFT*</b><br>12:00pm<br>Emily               |  | <b>Martial Arts*</b><br>11:30am<br>Nick                           |  |
| BEAT  | OC  |  |   |  |   |  |
| <b>Senior S &amp; B</b><br>12:00pm<br>Linda             | <b>Express SHIFT*</b><br>12:00pm<br>Emily     |  |   |  |   |  |
| MB  |   |  |   |  |   |  |
| <b>Gentle Yoga</b><br>12:45pm<br>Sue                    |   |  |   |  |   |  |



# Exeter Area YMCA Group Exercise Schedule Winter `20 (3/02-4/05)

| Monday  | Tuesday                                      | Wednesday                                      | Thursday                                 |
|---|--|--|--|
| OC  | OC   | BEAT   | BEAT                                     |
| <b>Youth Fitness</b><br>3:00pm<br>Sarah       | <b>TRX Boot Camp*</b><br>4:30pm<br>Emma      | <b>Adult Hip Hop*</b><br>4:30pm<br>Nikki       | <b>Youth Hip Hop*</b><br>4:30pm<br>Nikki |
| BEAT  | MB   | OC   | OC                                       |
| <b>HIITStep</b><br>4:30pm<br>Corrine          | <b>Beginner Yoga</b><br>5:15pm<br>Joanne     | <b>Y Barbell Club**</b><br>5:00pm<br>John      | <b>TRX Boot Camp*</b><br>4:30pm<br>Emma  |
| Gym   | BEAT   | MB   | MB                                       |
| <b>Youth Martial Arts**</b><br>4:30pm<br>Nick | <b>BODYPUMP</b><br>5:30pm<br>Stephanie/Karen | <b>Youth Yoga</b><br>5:15pm<br>Leigh           | <b>Power Yoga</b><br>5:30pm<br>Joanne    |
| MB  | MB   | Cycle  | BEAT                                     |
| <b>Pilates</b><br>5:00pm<br>Sarah             | <b>Power Yoga</b><br>6:30pm<br>Joanne        | <b>Power Cycle*</b><br>5:30pm<br>Gary          | <b>BODYPUMP</b><br>5:35pm<br>Kelly       |
| BEAT  | BEAT   | BEAT   | OC                                       |
| <b>P90X</b><br>5:15pm<br>Corrine              | <b>Zumba</b><br>6:45pm<br>Caroline           | <b>BODYCOMBAT</b><br>5:30pm<br>Corrine         | <b>OCR Training*</b><br>5:45pm<br>Matt   |
| Gym   |  | MB   | BEAT                                     |
| <b>Martial Arts**</b><br>5:20pm<br>Nick       |  | <b>Power Yoga</b><br>6:30pm<br>Ardys/Christina | <b>POUND</b><br>6:40pm<br>Jill           |
| MB  |  | BEAT   | BEAT                                     |
| <b>All Levels Yoga</b><br>6:00pm<br>Linda     |  | <b>Barre*</b><br>6:45pm<br>Kay                 | <b>Zumba</b><br>7:35pm<br>Carrie         |
| BEAT  |  |  |  |
| <b>POUND</b><br>6:30pm<br>Amy                 |  |  |  |
| BEAT  |  |  |  |
| <b>Zumba</b><br>7:35pm<br>Carrie/Gemma        |  |  |  |

Classes are subject to change.

\*Classes with an asterisk allow registration in MindBody, up to 3 days prior.

\*\*Classes with two asterisks require registration at the Welcome Center or at register.sdymca.org/ymca