



DARTMOUTH YMCA

GROUP EXERCISE SCHEDULE

NOVEMBER 2025

MON

TUES

WED

THURS

FRI

SAT

YOGA

Kim
7-7:45am

POWER CIRCUIT

Dyana
7-7:45am

YOGA

Tiffany
7-7:45am

INDOOR CYCLING

Deidre
8-8:45am
cycle room

YOGA

Eileen
8:30-9:30am

PILATES

Genia
9-10am

YOGA

Eileen
8-9am

YOGA

Emily
8:30-9:30am
**NO CLASS
THANKSGIVING**

YOGA

Caitlin
8-9am
NO CLASS 11/28

YOGA

Caitlin
8-8:45am

CHAIR YOGA

Eileen
9:45-10:45am

BARRE

Genia
9:30-10:30am

PILATES

Genia
9:30-10:30am

**BALANCE AND
POSTURE FLOW
CHILDCARE SIDE**

Dyana
9:15-10:00am

ZUMBA

Genia
10:15-11:15am

ZUMBA GOLD

Jacqui
10-10:55am
**NO CLASS
THANKSGIVING**

POWER CIRCUIT

Dyana
11-11:45am

SEAT

Jacqui
11am-11:45am

DRUM FOR FUN

Robin
11:30-12:30pm

**EVERY AGE
STRETCH**

Candee
12-1pm

**EVERY AGE
STRETCH**

Candee
12-1pm
**NO CLASS
THANKSGIVING**

**EVERY AGE
STRETCH**

Candee
12-12:45pm

INDOOR CYCLING

Sue
6-7pm
cycle room

**YOGA BEYOND THE
ASANA**

Caitlin
5-5:45pm
**11/12 & 11/26
ONLY**

Dartmouth YMCA hours

Monday - Friday 7am-7pm

Saturday 8am-1pm

Thanksgiving Day 7-11am

BALANCE & POSTURE FLOW: Improve your posture, enhance your stability and move with greater confidence. This low-impact class is designed to increase body awareness and develop better balance through controlled movements and gentle stretches. Suitable for all fitness levels, this class is especially beneficial for anyone looking to reduce tension, prevent falls, or simply stand taller and feel more grounded.

BARRE: Barre is a full body balanced workout combining strength, conditioning, balance, and cardio through a fusion of dance inspired exercises, Pilates, and yoga. Goal: to build strong bodies and minds and have FUN! Props include but not limited to small resistance balls, handheld weights, resistance bands, sliders, poles, chair, and Barre.

CHAIR YOGA: Think of the chair as a very large yoga block. Yoga poses are adapted through creative use of the chair to work on breathing, balance, and self-awareness. Poses are performed both seated and standing using the chair for support. This class is suitable for all ages and fitness levels.

DRUM FOR FUN: Drum fitness brings together a riser, stability ball, and drum sticks to make up one of the most fun classes you will take! Using the ball and floor as your drum, you will help strengthen your upper body and raise your heart rate.

EVERY-AGE STRETCH: Based on the fitness technique Essentrics, this class will feature a full body workout touching on balance, strength and stretching exercises, both standing and using a chair.

INDOOR CYCLING: 45-minute cycling on Keiser indoor cycling bike. Class includes warm-up, cool down, and various intensity of hills, sprints, endurance, climbs and flat roads. Upbeat, fun music varies from class to class.

PILATES: A total body exercise method that strengthens your muscles, stabilizes your core, and can improve flexibility, mobility, posture, and balance. Focusing on breathing, exercises are meant to be performed with concentration, control, precision, centering, and flow. Equipment or props used include small and large resistance balls, long resistance bands and loops, handheld weights, sliders, poles, and the Pilates Magic (resistance) Ring. Includes body weight on knees, wrists, shoulders, and hips. This class is performed on a yoga/Pilates mat. It is recommended that participants bring their personal mats.

POWER CIRCUIT: A circuit training class where participants perform a series of exercises back-to-back with minimal rest between each station. This class targets multiple muscle groups and elevates the heart rate to improve both cardiovascular fitness and muscular endurance.

S.E.A.T. (Supported Exercise for Ageless Training) is an evidence-based, chair-assisted, functional fitness workout incorporating unique, pre-formatted choreography for a fun, socially engaging total body low-impact workout.

YOGA: A combination of dynamic postures which help to develop balance, coordination, flexibility, and strength. With the added relaxation techniques and mindful meditation, you will come away feeling refreshed. These classes are appropriate for all ages and fitness levels.

YOGA BEYOND THE ASANA: **This class will be held every other week.** This class will explore other limbs of yoga through guided meditation and sound healing, with movement being optional. You will be welcome to lay down, sit in a chair, or move as you feel called to while receiving high light vibrations and guided imagery. All are welcome. Please bring anything you need to be comfortable on the floor or in a chair.

ZUMBA/Zumba Gold: A fun way to shape up and get fit! It is a Latin-inspired dance fitness party, tailored to active older adults, or anyone who is a beginner to Zumba. The class is high energy and low impact. A variety of rhythms are featured featuring meringues, salsa, cumbia, flamenco, and world rhythms. There is a focus on improving range of motion, balance and stability and posture. This is a great cardio workout that is easy to follow and enjoy!