

the



SOUTHERN DISTRICT YMCA PROGRAM GUIDE

JAN | FEB | MAR



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:

TUESDAY, DECEMBER 31 - NEW YEAR'S EVE 8:00 AM - 12:00 PM
 WEDNESDAY, JANUARY 1 - NEW YEAR'S DAY 9:00 AM - 12:00 PM



HOW CAN WE HELP?

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

FOR BRANCH UPDATES

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

SAVE THE DATES



DATE	EVENT	TIME
SUNDAY, JANUARY 5TH	FIT GAMES KICKOFF MEETING	10:30 AM - 11:30 AM
THURSDAY, JANUARY 9TH	MEET THE TRAINERS NIGHT	7:00 PM - 8:00 PM
MONDAY, JANUARY 20TH	CAMP LINCOLN REGISTRATION OPENS	12:00 AM
SATURDAY, FEBRUARY 1ST	YMCA CARNIVAL	10:00 AM - 12:00 PM
FRIDAY, MARCH 14TH	PI DAY	2:30 PM - 4:00 PM
SATURDAY, APRIL 5TH	CAMP LINCOLN - PADDLE PLUNGE	9:00 AM - 1:00 PM
SATURDAY, APRIL 26TH	HEALTHY KIDS' DAY	10:00 AM - 1:00 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 program 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 the "Member Login" Button, usually located in the top of the page, Click on it.
- 3. Enter Your Email or Phone No. Associated with your Exeter Area YMCA Account:**
 - If you don't know 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 login before, enter your password
 - If this is your first time setup a password
- 5. Locate Activities**
 - On Your profile home page, Find the "Activities" Button, usually located in the top of right, Click on it.
- 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**
 - write the name of the program or a keyword like "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

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

Congratulations! Your Reservation is now complete.

Just a reminder to 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.

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

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

TODDLER PROGRAMS



TODDLER GYM TIME

Tuesdays & Thursdays

10:00 AM - 12:00 PM, Court 1

Saturdays

10:00 AM - 12:00 PM, Court 1

3:15 PM - 4:45 PM, Court 1

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.

LITTLE JAZZ STARS

REGISTRATION REQUIRED - DAXKO

Tuesdays, January 7th-March 25th (12 WEEKS)

3:30 PM - 4:30 PM, Studio Beat

MEMBERS: Free; COMMUNITY: \$60

Age: 3 - 5

This class combines movement, music, and creativity in a fun, structured setting. Children will develop motor skills, coordination, rhythm, and self-expression while learning basic jazz dance techniques. The focus is on building confidence and a love for movement. A performance will be held on the last day for students to showcase what they've learned!

PLAYTIME - BIG BLUE BLOCKS

Wednesdays

10:00 AM - 12:00 PM, Court 1

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!



FAMILY PROGRAMS



PICNIC PALOOZA - FAMILY COOKOFF

REGISTRATION REQUIRED - DAXKO

Saturday, March 8th

11:00 AM - 1:00 PM, Community Room

MEMBERS: \$20; COMMUNITY: \$40

Price is per family

The Picnic Palooza: Family Cookoff is a fun, family-friendly competition where families create picnic-inspired dishes, from sweet treats to savory bites. Celebrating food, creativity, and family bonding, this event encourages teamwork and idea sharing. Judged by our youth council, the cookoff will take place in the community room, with each family having access to a stocked pantry, cook station, and refrigerator. The twist: all food must be prepared picnic-style—no baking or heat allowed!



YOUTH COUNCIL

REGISTRATION REQUIRED - DAXKO

Mondays

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

MEMBERS: Free

Age: 11-17

We want to hear your ideas! Join our Teen Council to help plan programs and events that you and your friends will love at the YMCA. In addition, gain valuable community service and volunteering opportunities while making a positive impact in your community!

AFTER - SCHOOL YOUTH SPORTS

Mondays and Wednesdays

2:30 PM - 4:30 PM, Court 1

MEMBERS: Free

Age: 11-17

A sports league for teens! Join us on Mondays for Basketball and Wednesdays for Floor Hockey and Soccer. We hope to see you there!

JAZZ STARS

REGISTRATION REQUIRED - DAXKO

Thursdays, January 9th-March 27th (12 WEEKS)

3:30 PM - 4:30 PM, Studio Beat

MEMBERS: Free; COMMUNITY: \$60

Age: 6 - 8

Our Jazz Stars class introduces children to jazz while improving coordination, rhythm, and creativity. Students will learn basic techniques, build strength and flexibility, and explore different dance styles. The class encourages self-expression, teamwork, and confidence. A fun performance will be held at the end to showcase their progress!

YOUTH PICKLEBALL

REGISTRATION REQUIRED - DAXKO

Fridays, January 10th - February 28th

4:00 PM - 5:00 PM, Court 2

MEMBERS: \$20; COMMUNITY: \$50

Age: 11 - 17

This fun and fast-paced program introduces kids to the basics of pickleball, including rules, skills, and gameplay. Whether they're new to the sport or looking to improve, they'll have a blast while staying active and making new friends!

YOUTH VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Thursdays, January 9th - March 27th (12 weeks)

4:00 PM - 5:00 PM, Court 2

MEMBERS: Free; COMMUNITY: \$50

Age: 11-17

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!

TEEN NIGHT

REGISTRATION REQUIRED - DAXKO

Saturdays, January 18th, February 22nd, March 22nd

5:00 PM - 7:00 PM, First Floor

MEMBERS: \$5; COMMUNITY: \$15

Age: 11-17

Join us for YMCA After Hours Teen Night! Enjoy a night of fun with music, open basketball courts, activities, and dinner—all in a safe, exciting environment just for teens. Bring your friends and create memories that last!

DAY OF PLAY AT THE YMCA

REGISTRATION REQUIRED - DAXKO

Friday, January 17th

Tuesday, March 11th

8:00 AM - 5:00 PM

MEMBERS; \$50 COMMUNITY: \$70

Age: 5-11

Kids can spend their day off from school at the Day of Play at the YMCA. This is a full day program. The day will consist of a set schedule of recreational games, sports, activities such as arts and crafts, and team-building games - all led by YMCA staff. Please send your child with a bagged lunch and snacks, as well as water and a backpack to keep their items in. The program will run from 8 am to 5pm with the option for before and after care.

Pre-program: 7:00 AM - 8:00 AM

Post program: 5:00 PM to 6:00 PM

Additional Charges: Pre-program \$10;

Post-program \$10; Both pre-and post \$15



SDYMCA BOOK CLUB

REGISTRATION REQUIRED - DAXKO

Thursday, February 20th

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

MEMBERS: Free; COMMUNITY: \$15

Age 16+

Inquire at the membership desk to vote for the next book we discuss.

COFFEE CONNECTIONS:

A SUPPORT GROUP FOR THOSE ADJUSTING TO RETIREMENT

Mondays, ongoing, January 6th - March 31st

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.

MINDFUL MEETUPS

REGISTRATION REQUIRED - DAXKO

Tuesdays, February 4th - February 25th (4 Weeks)

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

MEMBERS: \$20; COMMUNITY: \$40

Discover a new mindful hobby while connecting with like-minded individuals! This biweekly group explores relaxing activities like journaling, meditation, crafting, and more. Perfect for unwinding, meeting friends, and trying something new. All classes included in the cost. Join us!

PICKLEBALL INJURIES: CAUSES, TREATMENT, AND PREVENTION

REGISTRATION REQUIRED - DAXKO

Tuesday, January 14th

10:30 AM - 11:30 AM, Community Room

MEMBERS: \$5; COMMUNITY: \$15

Join Access Sports Medicine for a one-hour seminar on common pickleball injuries, treatments, and prevention tips, including warm-ups, techniques, and conditioning. Stay active and injury-free!

WELL - BEING WORKSHOPS:

REGISTRATION REQUIRED - DAXKO

GOAL SETTING FOR LASTING CHANGE

Wednesday, January 22nd

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

MEMBERS: \$5; COMMUNITY: \$15

Start the New Year with purpose! In this 1-hour workshop, learn how to set impactful health and wellness goals that stick. Turn aspirations into action for a healthier, more balanced 2025!

CULTIVATING SELF-COMPASSION

Wednesday, February 12th

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

MEMBERS: \$5; COMMUNITY: \$15

In this 1-hour workshop, learn how self-compassion can quiet self-criticism, build resilience, and boost well-being. A kinder you starts here!

2-MINUTE STRESS RELIEVERS

Wednesday, March 12th

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

MEMBERS: \$5; COMMUNITY: \$15

In this 1-hour workshop, learn how to partner with yourself for stress relief. Explore how stress impacts your body, shift your stress mindset, and practice quick, proven relaxation techniques to feel calmer anytime, anywhere.

YOUTH MENTAL HEALTH FIRST AID TRAINING

Tuesday, February 18th

Wednesday, February 19th

5:30 PM - 8:00 PM, Community Room

MEMBERS: Free; COMMUNITY: \$10

Learn to recognize and respond to signs of mental health challenges in youth. This course equips you with skills to offer support during crises and promote well-being in everyday situations. Those that register will complete a 2-hour self-paced online course, followed by 5 hours of instructor-led training (split between two nights). Completion of this course results in certification





WOMEN'S LIFTING CLUB

REGISTRATION REQUIRED - DAXKO

Tuesdays & Thursdays, Starting February 4th (8 Classes)

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

MEMBERS: \$45; COMMUNITY: \$90

Age 18+

Taught by Nick our Fitness Manager, you will learn the fundamentals and safe techniques of lifting. This 4-week program not only provides the education on safe lifting techniques but also teaches exercises on 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

Join us for Friday evening Class. Check Mindbody APP for more details.

LAUREN'S WEEKLY THEMED WORKOUT

REGISTRATION REQUIRED - MINDBODY APP

Wednesdays

6:00 PM - 7:00 PM

Join Lauren's themed cycle ride.

INTRO CLASSES

Sunday, January 5

Intro to Yoga 8:15-9a w/ Lauren and Sara in Mind/Body Studio

Intro to Pilates 9:15-10a w/ Lauren in Mind/Body Studio

Sunday, January 19th

Intro to Cycle 10-11a w/ Gary in Cycle Studio

Sunday, January 26th

Intro to BODYPUMP and BODYCOMBAT

10:30-11:30a w/ Corrine and Jillian in Studio Beat

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!

VOLLEYBALL

REGISTRATION REQUIRED - DAXKO

Thursdays, January 2nd - March 27th (13 weeks)

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

Age: 16+

MEMBERS: Free; COMMUNITY: \$65

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

January 15th & 27th;

February 10th & 24th;

March 10th & 24th

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

MEMBERS: Free

Join needle felt instructor, Liz Conrad for a pop-up needle felting program. This pop-up group will meet in the lobby. Each week we will learn to create a needle felt project. Needle felt is a type of art that uses a finite sewing needle to create various shapes and creations.

AMERICAN MAHJONG

Thursdays

2:00 PM - 4:00 PM, MindBody Studio

MEMBERS: Free; COMMUNITY: \$15

Come meet friends and play American Mahjong!

American Mahjong is a game of skill and strategy and calculation with a degree of chance.

CRIBBAGE

Thursdays

2:00 PM - 4:00 PM, MindBody Studio

MEMBERS: Free; COMMUNITY: \$15

Come meet friends and play Cribbage! Cribbage is a card game that involves grouping cards to gain points. Beginners are welcome.

NH TRAIL EXPLORATION (HIKING GROUP)

REGISTRATION REQUIRED - DAXKO

Wednesdays, January 22nd, February 26th & March 26th

9:00 AM Start, approximately 90 mins

MEMBERS & COMMUNITY: FREE

Join us for hikes at local trails.



WIN PRIZES!

THE FIT GAMES

8-WEEK HEALTH TRANSFORMATION CHALLENGE

KICK-OFF: JANUARY 5TH

 **KICK-OFF: JANUARY 5TH, 2025**

 **MEMBERS \$45, COMMUNITY \$160**

REGISTER NOW!



FITNESS CHALLENGES

Weekly fitness challenges & tips. Optional fitness assessment.



HEALTHY LIVING

Fitness exercises, workouts, nutrition and healthy living seminars.



MOTIVATION SUPPORT

Surpass your fitness goals with our expert wellness trainer's help and the fit games community.



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@sdyymca.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@sdyymca.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 Shannon Seiferth at shannon@sdyymca.org for details



LIVESTRONG

Tuesdays and Thursdays

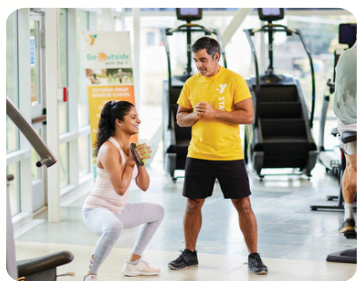
10:30-11:30, Wellness Center

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@sdyymca.org for details.



PERSONAL TRAINING



PERSONAL TRAINING SESSIONS CAN HELP YOU

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

FOR MORE INFORMATION

Please contact Nick Zavorotny at nick@sdyzca.org

AFFORDABLE OPTIONS FOR EVERYONE

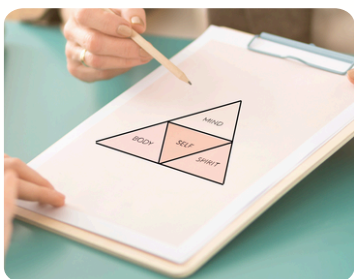
FIRST TIME INDIVIDUAL INTRODUCTORY PACKAGE		
3 Sessions	1 hour	\$140

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

WELLNESS COACHING



WELLNESS COACHING SESSIONS CAN HELP YOU WITH

- ✓ Managing your stress
- ✓ Boosting your self-care strategies
- ✓ Changing your sleep habits
- ✓ Regulating your emotions
- ✓ Building in more social engagement
- ✓ Communicating assertively
- ✓ Increasing your physical activity
- ✓ Practicing mindfulness
- ✓ Making healthier food choices

FOR MORE INFORMATION

Please contact Shannon at shannon@sdyzca.org

Kickstart your wellness journey with our exclusive New Year packages! Whether you're setting health and fitness goals, building mindfulness skills, learning stress management techniques, or completing a comprehensive 360° wellness assessment, we've got you covered. These focused, goal-oriented sessions are designed to help you achieve lasting results and empower your personal growth. Don't miss this limited-time opportunity to invest in yourself and start the year feeling your best!

WELLNESS COACHING PACKAGE		
SESSION	NO. OF SESSION	FEE
STRESS	2 Sessions 60 minutes	MEMBERS: \$40; COMMUNITY: \$60
MINDFULNESS	2 Sessions 60 minutes	MEMBERS: \$40; COMMUNITY: \$60
SLEEP	2 Sessions 60 minutes	MEMBERS: \$40; COMMUNITY: \$60
GOAL SETTING GUIDANCE	3 Sessions; 1 (60min) 2 (30min)	MEMBERS: \$45; COMMUNITY: \$65
WELLNESS 360°	1 Session with follow up content	MEMBERS: \$30; COMMUNITY: \$50





SOUTHERN DISTRICT YMCA - EXETER AREA YMCA

GROUP EXERCISE SCHEDULE: January 1 - March 31, 2025*

MONDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:45-6:40a	Barre	Studio Beat	Susan
7:30-8:30a	Total Body Blast	Studio Beat	Allison
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
5:30-6:30p	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
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
6:00-7:00p	Yoga - Power	Mind/Body	Wendi

WEDNESDAY			
TIME	CLASS	STUDIO	INSTRUCTOR
5:45-6:30a	Powerhouse	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	Linda
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

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
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	
4:30-5:30p	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
5:45-6:30a	Powerhouse	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	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
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	Staff
8:00-9:00a	Yoga - Power	Mind/Body	Laura/Christina
8:30-9:30a	POUND®	Studio Beat	Amy
9:00-10:00a	SHIFT Strength	Odyssey Center	Nick
9:15-10:15a	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
8:30-9:30a	Power Cycle	Cycle	Gary
9:15-10:15a	Yoga - Flow	Studio Beat	Jodi

*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.

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

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.

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

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.

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

SCHOOLS SERVED

Newton Memorial School (held at DJ Bakie)- PM
 DJ Bakie Elementary-AM and 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.

School Age Child Care Rates 2024 - 2025

Traditional Before and After School Care	2 Days Rate (1-2 Days)	3 Day Rate	Full Time (4-5 Days)	2nd/3rd Child (Full Time Discount)
AM Only	\$49/Week	\$66/Week	\$87/Week	\$79/Week
PM Only	\$57/Week	\$80/Week	\$109/Week	\$99/Week
AM & PM	N/A	N/A	\$140/Week	\$129/Week



Register at sdymca.org/school-age-child-care

WE ARE HIRING

SACC is hiring for the school year 2024 - 2025!

We have positions available.

[Apply Today!](#)





FEBRUARY VACATION CAMP

Monday February 24th - Friday February 28th

Kindergarten-8th grade

8:00 AM - 5:00 PM, Camp Lincoln

\$60 a day

Looking for a fun way to spend your February vacation? Come and join us at Camp Lincoln! Bring your lunch, and dress for the weather. Have fun enjoying outside with friends, participating in traditional camp activities, and (hopefully) playing in the snow!

Vacation camp runs 8am to 5pm, with extended hours available from 7am to 6pm Monday - Friday.

FAMILY CAMP

Friday October 11th - Monday October 13th

ALL DAY, Camp Lincoln

Adult: \$255; Youth; \$155

Join us on the shores of Kingston Lake for a weekend full of your favorite camp activities.

Reconnect with your family as we enjoy boating, archery, the ropes course, arts and crafts and hiking.

We will also continue our family camp traditions, such as the pumpkin stroll, polar plunge, and kickball game. All meals will be provided. Registration is limited, and required in advance. Registrants will receive additional information, packing list and a schedule the week before the event.

REGISTRATION OPENS IN MARCH

SUMMER CAMP

Monday, June 16th - Friday, August 22nd

Kindergarten-9th grade

8:30 AM - 4:30 PM, Camp Lincoln

\$387 per week

Since 1926, YMCA Camp Lincoln has been providing youth with unparalleled experiences to create lasting friendships and memories. With opportunities for campers ages 5-14, campers grow in confidence and learn to embody our core values of honest, caring, respect, and responsibility.

Campers are physically active, away from screens, in the outdoors swimming, boating, climbing, cooking, playing sports, making art, and learning about nature. Campers gain independence, confidence, and resilience that impact their self-worth for a lifetime.

REGISTRATION OPENS JANUARY 20th

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 fellow 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!](#)

YMCA Camp Lincoln

67 Ball Rd, Kingston, NH