



YMCA OF GREATER NASHUA - NASHUA YMCA

GROUP EXERCISE SCHEDULE
EFFECTIVE 12/1 – 12/31

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Tami
7:00-7:55am	PAWS	Gym	Dennis
9:00-9:45am	Silver & Splash	Pool	Margaret
9:15-10:10am	Pilates	Studio C	Melissa
9:15-10:00am	Insane Tabatas	Studio A	Becki
10:15-11:10am	Group Strength	Studio C	Melissa
10:15-11:10am	Pound*	Studio A	Leslie
10:15-11:00am	Silver Sneakers	Gym	Pat
11:30-12:25pm	Yoga	Studio C	Cathy
12:00 – 12:40pm	Octagon Lunch Circuit	Wellness Floor	Becki
3:30-4:15pm	Zumba®Gold	Studio A	Jess
4:30-5:25pm	Zumba®/Tone	Studio A	Jess
5:30-6:25pm	Kickboxing	Studio A	Laurie
6:30-7:25pm	Pilates	Studio A	Sharon
7:30-8:15pm	Group Cycling*	Studio A	Holly

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	Sunrise Yoga	Studio C	Carol
9:15-10:00am	Endurance Barre	Studio C	Liz
9:00-9:45am	Water Works	Pool	Aga
9:15-10:10am	Group Cycling*	Studio A	Bethany
9:15-10:00am	Kickboxing	Gym	Laurie
9:15-10:10am	Octagon	Wellness Floor	Michelle
10:00-10:10am	Express Abs	Gym	Laurie
10:15-11:00am	Yoga for Athletes	Studio A	Bethany
11:15-12:00pm	BOOM	Studio A	Carol
12:15 – 1:00pm	Aqua Zumba®	Pool	Leslie
12:15-1:00pm	Core Yoga	Studio A	Carol
3:00-3:45pm	Octagon for Teens	Wellness Floor	Karri
5:45-6:25pm	Power Barre	Studio C	Aga
6:30-7:25pm	Pure Muscle	Studio C	Aga
6:30-8:00pm	Zumba®/Tone	Studio A	Leslie

Schedule Notes:

1. Entering a class more than 10 minutes after start time is considered disruptive and unsafe. Please refrain from entering after class has begun.
2. Classes are for members ages 13+ (unless otherwise specified).
3. Classes and times are subject to change.

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Brian
6:00-6:55am	Bootcamp	Studio C	Laurie
7:20-8:00am	Group Cycling*	Studio A	Colin
9:00-9:45am	Aqua Fit	Pool	Aga
9:15-10:10am	RIPPED	Studio A	Melissa
9:15-10:10am	Pilates	Studio C	Liz
10:15-10:30am	Stretch	Studio A	Melissa
10:15-11:10am	Group Strength	Studio C	Angela
10:15-11:00am	Silver Sneakers	Gym	Pat
11:00 – 11:45am	Zumba® Gold	Studio A	Jess
11:15 – 12:00pm	Chair Yoga	Classroom	Ed
12:00-12:55 pm	Bolyfuse	Studio A	Jess
12:00-12:40pm	Octagon Lunch Circuit	Wellness Floor	Becki
4:30-5:25pm	Kids Yoga	Studio C	Melissa F.
5:30-6:25pm	Power Cut	Studio C	Mary K
6:30-7:25pm	Group Strength	Studio C	Mary K
6:45-7:25pm	Yoga	Studio A	Holly
7:00-7:45pm	Aqua Zumba®	Pool	Leslie
7:30-8:15pm	Group Cycling*	Studio A	Holly

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	RIPPED	Studio A	Tami
7:30-8:25am	Beginner Yoga / Qi Gong	Studio A	Dennis
9:15-10:10am	Step, Sweat & Sculpt	Studio A	Mary K
9:00-9:45am	Aqua Power	Pool	Amy
9:15-10:00am	Strictly Strength	Studio C	Tami
9:15-10:10am	Octagon	Octagon	Sarah
10:15-11:00am	Cardio Dance	Studio A	Leslie
10:05-10:30am	All Out HIIT	Studio C	Tami
10:45-11:30am	Arthritis Foundation Aqua	Pool	Jess
11:15-12:00pm	BOOM	Studio A	Carol
12:15 -1:00pm	Core Yoga	Studio A	Carol
12:15 – 1:00pm	Aqua Zumba®	Pool	Leslie
3:00-3:45pm	Octagon for Teens	Wellness Floor	Karri
4:30-5:15pm	Zumba® for Kids	Studio A	Leslie
5:30-6:15pm	Group Cycling*	Studio A	Michele
5:30-6:25pm	RIPPED	Studio C	Laurie
6:30-7:25pm	Yin Yoga	Studio A	Val
7:30-8:15pm	Cardio Dance	Studio A	Jackie

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Meredith
7:00-7:55am	PAWS	Gym	Carol
9:15-10:10am	PiYo	Studio C	Mandy
9:00-9:45am	Aqua Sculpt	Pool	Courtney
9:15-10:00am	Chair Yoga	Studio A	Dennis
9:15-10:30am	Bootcamp	Gym	Bethany
10:15-11:10am	Group Strength	Studio C	Meredith
10:00-10:45am	Y's Water Exercise	Pool	Connie
10:15-11:00am	Weekend Wind Up Ride*	Studio A	Val
10:15-11:00am	Silver Sneakers	Gym	Michelle
11:30-12:25pm	Yoga for You	Studio C	Michele
12:00-12:40pm	TGIF	Wellness Floor	Courtney
4:30-5:25pm	Bolyfuse	Studio A	Jess
5:30-6:25pm	AfroVibe	Studio A	Jess
5:15-6:10pm	Power Cut	Studio C	Mary K
6:15-6:45pm	Group Strength Express	Studio C	Mary K

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:30-8:15am	Group Cycling*	Studio A	Holly
7:30-8:15am	Trail Mix	Gym	Carol
8:30-9:25am	Fitness Yoga	Studio C	Carol
9:30-10:25am	RIPPED	Studio A	Rachel
10:00-10:30am	Octagon Circuit Training	Wellness Floor	Meredith / Courtney
10:30-11:25am	Zumba® Step	Studio A	Bev
10:30-11:45am	Beginner Yoga	Studio C	Dennis

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30-9:25am	Bootcamp	Studio A	Laurie
9:30-10:25am	Pilates Fusion	Studio C	Tami
9:30-10:25am	FuzeCraze	Studio A	Jess

Class Level Descriptions:

- 1= Beginner / Basic Level
- 2= All Levels: Can be modified to meet beginner needs or intermediate/advanced needs.
- 3= Intermediate/Advanced: Recommended for experienced participants with a strong fitness base.



CLASS DESCRIPTIONS

AFROVIBE - A combination of African & Afro dances, Middle Eastern and Caribbean dance. Burn calories, sculpt the body, improve flexibility and increase muscle strength using every part of the body. Level 2

ALL OUT HIIT – 25 minutes of pure heart pumping cardio! Level 2

AQUA (Includes all Aqua Classes)- Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. Level 2

ARTHRITIS FOUNDATION AQUA - This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component. Level 1

BOOM - A revolutionary new fitness series designed for Baby Boomers and active older adults. BOOM works on functional training with a unique blend of cardio and strength-based athletic moves. Level 1

BEGINNER YOGA/Qi Gong - Gain strength and flexibility through the use of different postures and Qi Gong techniques are used. Level 1

BOLLYFUSE - Bollywood dancing is an exotic and exciting way of getting your body fit and healthy through Indian cardio exercise. It offers a fun and expressive workout, incorporating classical, folk and funk styles of dance. Level 2

BOOT CAMP - Experience rounds of high intensity Plyometrics with intervals of strength training and sprint work. Come ready to have fun and work hard. This class is designed for intermediate to advanced level exercisers. Wednesday Level 2, Friday Level 3

CARDIO DANCE - What a better way to exercise than dance? Get your cardio in while dancing to your favorite songs! Level 2

CARDIO STRENGTH INTERVALS- Full body workout with cardio drills alternating with strength exercises. Level 2

CHAIR YOGA - Beginner class with Qi Gong and an emphasis on gentle stretching and strength work, mat work is optional - standing and seated only if preferred. Level 1

CIRCUIT TRAINING/MIX - An efficient & challenging form of conditioning that develops strength, endurance flexibility & coordination. Level 2

CORE INTERVALS – Alternating strength exercises with core exercises. Level 2

CORE YOGA – A combination of Yoga and Pilates with concentration on core strength. Level 2

DANCE FIT - Dance to your favorite music while adding in some weight training too! Level 2

ENDURANCE BARRE - This class uses the ballet bar for contemporary leg work to target the large and small muscle groups of the legs for a long, lean look. Level 2

FITNESS YOGA - An active, flowing style of yoga using control and working on flexibility. Level 2

FUZE CRAZE - Train like a true dancer and enjoy the cardiovascular and body-shaping benefits of a dynamic workout that tones muscles, develops core strength and increases balance. Light weights may be used. Level 2

GROUP CYCLING: High intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout. Level 2

GROUP STRENGTH - A barbell workout that incorporates functional strength training. Every movement plane is worked using weights and bodyweight. Level 2

INSANE TABATAS - Plyometrics, upper body resistance, and core for a full body interval workout! Level 2

KICKBOXING - This class is a combination of cardio and boxing providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility coordination and balance. Level 2

OCTAGON – Circuit training on an adult playground! Each class is different! Level 2

PILATES - This routine will lengthen and tone your muscles, improve strength, and flexibility. It will develop your body core strength needed for everyday activities. Level 2

PILATES FUSION - A combination of traditional Pilates and strength building moves to work your body from the core out. Standing strength moves along with planking and props may be incorporated into class. Level 2

PIYO – Combines the muscle sculpting, core firming benefits of Pilates with the strength and flexibility advantages of Yoga. Level 2

POWER ARM WALKING & STRENGTHENING (PAWS) - Varied types of arm movements using your body weight while walking and strengthening your upper and lower body. Level 2

POWER BARRE - This class uses the ballet bar for contemporary leg work to target the large and small muscle groups of the legs for a long, lean look. Level 2

POWERCUT - Define yourself! This class offers Bootcamp type moves to give you a total body workout that targets each major muscle group! Level 2

PURE MUSCLE - A head to toe muscle building work with minimal equipment. Level 2

R.I.P.E.D - Experience this total body workout, utilizing resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, & Diet. Level 2

RIDE & SHINE - Early morning Group Cycling class! Get up early and get it done! Level 2

SILVERSNEAKERS® FITNESS PROGRAM - Cardio Circuit & Muscular Strength & Range of Movement Class: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Perfect for our active older members. Level 1

STEP, SWEAT & SCULPT - This class mixes higher intensity cardio with lower intensity weight training using a STEP and light hand held weights. A great workout for maximizing fat burning. Level 2

STRICTLY STRENGTH - Using your body weight to perform a series of continuous, targeted moves to define every muscle! Level 2

SUNRISE YOGA - Flowing Yoga with individual pose options to fit your needs. If this is your first class or you are an experienced Yoga practitioner, this class will start your day with balance. Level 2

T.G.I.F. - This class has a unique blend of everything you need on a Friday! Cardio, Strength, and a mixture of total body. Level 2

TRAIL MIX: Cardiovascular and strength training in a fun and energetic environment. Level 2

WEEKEND WIND UP RIDE - Start off the weekend with high intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout. Level 2

YIN YOGA - Yin Yoga is a slow-paced style of yoga with postures or asanas that are held for longer periods of time. This style of yoga targets the deep connective tissues of the body. Level 2

YOGA - Practice focusing on flowing yoga movement, breathing and meditation. Level 2

YOGA FOR ATHLETES Not your typical Yoga class so be warmed up and ready to go! Level 3

YOGA FOR KIDS - Help your young yogis find/develop their own yoga practice through breath work, play, and asana practice. Focus is on beginning to develop a more structured practice and yogis age 7-12. All Levels

YOGA FOR YOU - For those who are seeking a deeper relaxation and clear mind. This class will help you to tune your thoughts to listen your body. Level 2

ZUMBA GOLD Takes the zumba formula and modifies the moves and pacing to suit the needs of the active older or unconditioned participant. Level 1

ZUMBA FOR KIDS - Kids ages 4-10 are welcome to join this playful approach to Zumba! All Levels

ZUMBA® STEP - All of the Step toning and strengthening for your legs and glutes. All of the Zumba® fitness-party fun you love. Level 2

ZUMBA®/ZUMBA® TONING - Zumba® combines high energy with motivating music so you won't even feel like you're exercising. We'll also add some light weights for an even greater challenge and more fun! Level 2

Group Cycling Classes Note:

* Pre-registration required. Please visit this link to register:

http://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling

Pound Classes Note:

*Pre-registration required. Please visit this link to register:

http://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Pound