



NASHUA YMCA FALL GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Ride & Shine* Meredith/ Studio A	6:00 Sunrise Yoga Carol / Studio A	6:00 Boot Camp Laurie / Studio A	6:00 RIPPED Tami/Studio A	6:00-6:45 Ride & Shine* Tami / Studio A	7:30-8:15 Trail Mix Carol Studio A/Gym	
			7:30 Beginner Yoga / Qi Gong Dennis / Studio A	7:00 PAWS Carol/ Gym	8:30 Fitness Yoga Carol / Studio A	8:30 Boot Camp Laurie/ Studio A
7:00 PAWS Dennis / Gym	9:15 Cardio Kickboxing Laurie / Gym <hr/> 9:15 Group Cycling* Bethany/Studio A	7:20-8:00 Group Cycling* Colin / Studio A	9:00 Step, Sweat & Sculpt Mary K Studio A <hr/> 9:15 Cardio Dance Leslie/Studio B	9:15-10:30 Boot Camp Bethany / Gym/ Studio A <hr/> 9:00 Will Power & Grace Mandy/Studio A	9:30 RIPPED Rachel/ Studio A	9:00-9:30 Power Barre Liz / Holly Studio B
9:00 Pilates Melissa/Studio A <hr/> 9:15-10:00 Insanity Live Becki / Gym	9:15 Running Adventure Angela / Outdoors	9:15 RIPPED Melissa / Studio A	9:15-10:00 Beginner Running Adventure Becki / Outdoors <hr/> 9:15-10:00 Jillian Michael's BodySHRED Angela / Gym	9:15-10:00 Mutt's in Mine Falls Angela / Outdoors (9/9-10/28) <hr/> 9:15-10:00 Chair Yoga Dennis / Social Lounge		9:30 Pilates Fusion Tami/Studio A
10:00 Total Body Strength Melissa / Studio A	10:15-11:00 Yoga Stretch Bethany / Studio A	10:15 Total Body Strength Angela / Studio A <hr/> 10:15 Stroller Bootcamp Meredith / Outdoors (Last class 10/26)	10:00 PiYo Live Mandy / Studio A	10:30-11:15 Weekend Wind Up Ride* Michelle / Studio A	10:00 -10:30 Circuit Training Justin Wellness Floor	10:30 Fuze Fit & Tone Jess Studio A
10:15-11:00 SilverSneakers® Classic Pat / Gym	10:15-10:30 Express Abs Laurie / Gym	10:15-11:00 SilverSneakers® Classic Pat / Gym	11:00-11:45 Zumba® Gold Jess / Studio A	10:15-11:00 SilverSneakers® Classic Mandy / Gym	10:30 Beginner Yoga Dennis / Studio A	Entering a class more than 10 minutes after start time is considered Disruptive and un- safe. Please refrain from entering after class has begun.
11:15-12:25 Yoga Cathy / Studio A	11:00 BOOM Mandy / Studio A			11:15-12:30 Detox Yoga Flow Pam / Studio A	11:30 Zumba® Step Bev/ Studio A	
	12:15-1:00 Fitness Express Michelle / Studio A New Time!	12:00 Power Hour Angie/Wellness Floor <hr/> 12:00 Bollyfuse Jess/Studio A		12:00 - 12:40 T.G.I.F Justin/Wellness Floor		ALL CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED
4:00 Zumba® Jess/ Studio A	4:00-4:30 Zumba® for Kids Leslie/Studio A		4:30 Yoga for Kids Lauren / Studio A	4:00 Fuze Fit & Tone Jess/ Studio A		
5:45-6:30 Group Cycling* Michele / Studio A New Time!	6:00-6:30 Endurance Barre Aga/Studio B		5:30 RIPPED Liz/Studio A	5:15 Powercut Mary K/Studio A		Schedule Dates: 8/29-12/31/16
6:30 Fitness Yoga Carol / Studio A	6:30-7:10 Pure Muscle Aga/ Studio A	6:30 Bootcamp Mary K / Studio A	6:30 Yin Yoga Val / Studio A	6:15-6:30 Express Abs Mary K / Studio A		
7:30-8:15 Interval Sculpt Holly / Studio A New Class!	7:15-8:00 Zumba® Leslie / Studio A	7:30-8:15 Group Cycling* Sharon / Studio A			Classes are for Members ages 13+ (unless specified)	Classes & Times are subject to change

CLASS DESCRIPTIONS

Beginner Running Adventure: An instructor led basic running class where you will learn the necessary pre and post stretches, how to listen to your breathing, pacing guidelines and meet new people! Distance will vary week to week but will not exceed 3.1 miles. **B, I**

Beginner Yoga: Gain strength and flexibility through the use of different postures and Qi Gong techniques are used. **B**

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 **B, I, A**

BOOM: Works on functional training with a unique blend of cardio, and strength –based athletic moves. It is an empowering class that combines Yoga, Pilates and stretching. **B, I, O**

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. **Wed & Sun, B, I, A, Fri, I, A**

Cardio 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. **B, I, A**

Chair Yoga: Beginner class with Qi Gong and an emphasis on gentle stretching and strength work, standing and seated. **B, O**

Circuit Training/Mix: An efficient & challenging form of conditioning that develops strength, endurance flexibility & coordination. **B, I**

Detox Flow Yoga: Designed to clear the body, mind and spirit through movement and breath. Twists, forward folds, along with other unique movements will aid in cleansing and nourishing your body from the inside out. **B, I, A**

Endurance Barre: (Power Barre) This class uses the ballet bar with contemporary leg work to target the large and small muscles of the legs to build a long, lean look. **B, I, A**

Express Abs: 15 minutes of core work is all you need! **B, I, A**

Fitness Yoga: An active, flowing style of yoga with focus on abdominal control & dynamic flexibility of the body core. **B, I**

Fitness Express: This 45-minute workout uses a variety of formats to keep you motivated while improving your overall fitness during your lunch break. A variety of equipment will be used for strength, core and cardio exercises. **B, I, A**

Fuze Fit & Tone: 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 weight resistance training is also added into this fiery fusion of dance rhythms. **B, I, A**

Group Cycling (including Ride & Shine & Weekend Wind Up): High intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout. **B, I, A**

Insanity Live: Plyometrics, upper body resistance, and core for a full body interval workout! **B, I, A**

Interval Sculpt: Total body sculpting combining muscle conditioning with high energy cardio segments creating both muscular and cardiovascular endurance for a total body workout! **B, I, A**

Jillian Michael's BodySHRED: 3-2-1 Interval format. Workouts are comprised of four 6 minute, high intensity circuits to achieve a strong body! **I, A**

Mutts of Mine Falls: Grab a leash and your four-legged friend and join us for a group dog walk through beautiful Mine Falls! Dogs will get the chance to socialize and work on proper leash walking while owners will enjoy the view and get a fitness walk with man's best friend. Dogs should be current on all vaccinations and leashed at all times. Class will meet at the Y entrance. **Class runs 9/9—10/28**

Pilates: This routine will lengthen and tone your muscles, improve strength, and flexibility. It will develop your body core strength needed for everyday activities. **B, I, A**

Pilates Fusion: A combination of traditional Pilates and strength building moves to work your body from the core out. **B, I, A**

PiYo Live: Combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements. **B, I, A**

Power Arm Walking & Strengthening (PAWS): An all levels class with varied types of arm movements using your body weight while walking and strengthening your upper and lower body. **B, I**

Powercut: Define yourself! This class offers a total body workout that targets each major muscle group. **B, I, A**

Power Hour: Get a great overall body work out in this advanced one hour class. **I, A**

Pure Muscle: A head to toe muscle building workout with minimal equipment. **B, I, A**

Qi Gong: Practice involves rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, and visualization of guiding Qi through the body. **B, I, O**

R. I. .P.P.E.D: Experience this total body workout, utilizing resistance & cardio training, which masterfully combines **Resistance, Intervals, Power, Plyometrics, Endurance**, **B, I, A**

Running Adventure: This class incorporates body weight exercises, plyometrics, running drills and more into an outdoor run, Participants are welcome to utilize Kids Stop while they take class. Runners should be able to keep at least a 10 minute mile pace Runs range anywhere from 2-5 miles. Meet in the lobby and plan on utilizing the track in inclement weather. **I, A.**

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. **B, I, O.**

Step, Sweat & Sculpt: This upbeat class mixes higher intensity cardio with lower intensity weight training using a step and weights. **B, I, A**

Stroller Bootcamp: Creative Cardio, strength and core drills performed with your little one in their stroller! For parents and kids ages 3 months—3 years. Pre-registration required, no fee. **B, I, A Last class 10/26**

Sunrise Yoga: Flowing Yoga with individual pose options to fit your needs. If this is your first class or you are an experienced practitioner, this class will start your day with balance. **B, I, A**

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. **I, A**

Total Body Strength: Prepare for a total body workout that targets all of the major muscle groups. Participants will use a variety of equipment to challenge strengthen the entire body. **B, I, A.**

Trail Mix: Full body strength work using various equipment, cardio workout, along with Stations and Obstacle course workouts. **B, I**

WillPower & Grace: The bodyweight, barefoot conditioning program suitable for everyone from athletes to mind-body practitioners. **B, I, A**

Yin Yoga is a slow-paced style of yoga with postures or asanas that are held for longer periods of time. **B, I, A**

Yoga: Yoga and functional movement to release and open the body from head to toe. An all body reset! **B, I, A**

Yoga Stretch: An after workout stretch with Yoga poses and postures. Please come to class already warmed up. **B, I, A**

Yoga for Kids: . Ages 7-12. In a typical class we will learn purposeful breath work that may help reduce anxiety, stabilize energy, and create a sense of safety and peace in the body. We will practice poses that help with flexibility, strength, self-confidence, and patience. **B, I, A**

Zumba®: Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away unwanted calories. Ditch the workout, Join the Party! **B, I, A**

Zumba® for Kids: Kids ages 4-10 are welcome to join this playful approach to Zumba!

Zumba® Gold: Targets It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as the unconditioned participant. **B, I, O**

Zumba® Step: All of the Step toning and strengthening for your legs and glutes. All of the Zumba fitness-party fun! **B, I, A**

Key: B – beginner, I – intermediate, A - advance, O – older active adult

***Online registration required. Go to www.supersass.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling to create a username and password.**