



# YMCA OF GREATER NASHUA - NASHUA YMCA

GROUP EXERCISE SCHEDULE  
EFFECTIVE 4/1 – 6/23

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Val
6:00-6:55am	Total Body	Studio C	Laurie
7:00-7:55am	PAWS	Gym	Dennis
9:00-9:45am	Silver Splash	Pool	Margaret
9:15-10:10am	Pilates	Studio C	Melissa
9:15-10:10am	Pure Step	Studio A	Shannon
10:15-11:00am	Aqua Bootcamp	Pool	Shannon
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
4:00-4:30pm	BellyFit w/ Tween	Studio A	Jess
4:30-5:25pm	Zumba®/Tone	Studio A	Jess
5:30-6:25pm	Kickboxing	Studio A	Sindy
6:35-7:30pm	Power Yoga	Studio C	David
7:30-8:15pm	Group Cycling*	Studio A	Val

## TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	Sunrise Yoga	Studio C	Carol
7:30-8:25am	Tai Chi Flow	Studio C	Maria
9:15-10:00am	Strictly Strength	Studio C	Mandy
9:00-9:45am	Water Works	Pool	Amy
9:15-10:10am	Group Cycling*	Studio A	Bethany
9:15-10:10am	Octagon	Wellness Floor	Aga
9:15-10:00am	Kickboxing	Gym	Laurie
10:00-10:10am	Express Abs	Gym	Laurie
10:05-10:30am	HIIT	Studio C	Shannon
10:15-11:00am	Yoga for Athletes	Studio A	Bethany
10:40-11:10am	Barre	Studio C	Melissa
10:45-11:30am	Arthritis Foundation Aqua	Pool	Michelle
11:15-12:00pm	BOOM	Studio C	Bev
12:15 – 1:00pm	Aqua Zumba®	Pool	Leslie
12:15-1:00pm	Pilates	Studio C	Amber
5:30-6:25pm	Beginner Yoga & Mindfulness	Studio C	Jackie
6:30-7:25pm	Cardio/Strength Intervals	Studio C	Sindy
7:15-8:00pm	Aqua Fitness	Pool	Ginger
6:30-7:30pm	Zumba®/Tone	Studio A	Leslie

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	Bootcamp	Studio C	Laurie
7:20 – 8:10am	Group Cycling	Studio A	Caitlin
9:00-9:45am	Aqua Fit	Pool	Aga
9:15-10:10am	RIPPED	Studio A	Shannon
9:15-10:10am	Pilates	Studio C	Liz
10:15-10:30am	Stretch	Studio A	Shannon
10:15-11:10am	Group Strength	Studio C	Melissa
10:15-11:00am	Silver Sneakers	Gym	Jess
11:00 – 11:45am	Zumba® Gold	Studio A	Jess
12:00-12:55 pm	Bolyfuse	Studio A	Jess
4:30-5:15pm	Yoga for Kids	Studio C	Melissa F
5:30-6:25pm	Power Cut	Studio C	Mary K
6:30-7:25pm	Group Strength	Studio C	Mary K
6:45-7:15pm	Speed Cycle	Studio A	Holly
7:20-8:20pm	Pilates	Studio A	Holly
7:15 – 8:00pm	Aqua Zumba®	Pool	Teresa

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Val
7:30-8:25am	Beginner Yoga / Qi Gong	Studio C	Dennis
9:00-9:45am	Aqua Power	Pool	Amber
9:15-10:10am	Step, Sweat & Sculpt	Studio A	Mary K
9:15-10:00am	Strictly Strength	Studio C	Aga
9:15-10:10am	Octagon	Wellness Floor	Sarah
10:05-10:30am	HIIT	Studio C	Aga
10:15-11:00am	Cardio Dance	Studio A	Leslie
10:40-11:0am	Barre	Studio C	Becki
10:45-11:30am	Arthritis Foundation Aqua	Pool	Jess
11:15-12:00pm	BOOM	Studio C	Bev
12:15 – 1:00pm	Mindful Yoga	Studio C	Stephanie
12:15 – 1:00pm	Aqua Zumba®	Pool	Leslie
4:30-5:15pm	Zumba® for Kids	Studio A	Leslie
5:30-6:25pm	Pound	Studio A	Leslie
5:30-6:25pm	Kickboxing	Studio C	Laurie
6:30-7:25pm	Yin Yoga	Studio C	Melissa F
6:30-7:30pm	Dance Fitness	Studio A	Jackie

### Schedule Notes:

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

## FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Ride & Shine*	Studio A	Val
7:00-7:55am	PAWS	Gym	Carol
9:00-9:45am	Aqua Sculpt	Pool	Amber
9:15-10:10am	PiYo	Studio C	Mandy
9:15-10:10am	Run, Train, Conquer!	Wellness Floor	Jen
9:15-10:00am	Chair Yoga	Studio A	Dennis
9:15-10:00am	Bootcamp	Gym	Bethany
10:15-11:10am	Group Strength	Studio C	Meredith
10:15-11:00am	Weekend Wind Up Ride*	Studio A	Val
10:15-11:00am	Silver Sneakers	Gym	Dennis
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	Latin Rhythms	Studio A	Iraida
5:30-6:45pm	Power Cut / Strength	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	Turbo Kick	Studio A	Rachel
10:30-11:00am	PiYo Stretch	Studio A	Rachel
10:00-10:45am	Octagon	Wellness Floor	Aga / Courtney
10:30-11:45am	Beginner Yoga	Studio C	Dennis

## SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:15am-9:15am	Vinyasa Yoga	Studio C	Melissa F
8:15am-9:15am	Bootcamp	Studio A	Mary K
9:30-10:25am	Pilates Fusion	Studio C	Meredith
9:30-10:25am	FuzeCraze	Studio A	Jess
10:30-11:25am	Family Yoga	Studio C	Lauren

### 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.



**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

**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

**BARRE** -This empowering and energizing workout has proven to create long, lean, powerful muscles. Level 2

**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

**BEGINNER YOGA & MINDFULNESS** - Gain strength, flexibility, and stress relief while practicing the art of mindfulness to gain greater awareness in presence in the moment.

**BELLYFIT FOR MOM AND TWEEN** – Moms and kids ages 10+. 25 minutes of high energy cardio, 10 minutes of fully body core work and 5 minutes of relaxing stretches. Level 2

**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! 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. 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** - Incorporates intervals of cardio endurance and muscle conditioning to create a fitness training experience. 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

**DANCE FITNESS** - Integrates all areas of fitness (core, cardio, strength, plyometrics) for a full body work out while jamming out to hip hop, Latin pop, and energetic world music. All levels of dance and fitness are welcome join this dynamic workout party. Level 2

**FAMILY YOGA** - You will spend time as a family learning regulated breathing, yoga postures, new yoga games & songs, and end in a quiet relaxation! All ages welcome (lessons aimed towards ages 3-8)!

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

**FLOW YOGA** - Focus on linking conscious breath with a vigorous and mindful flow. Build strength, flexibility and concentration while cleansing the body and calming the mind. 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 (including Ride & Shine and Weekend Wind Up)**: 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

**HIIT** – 25 minutes of pure heart pumping cardio! 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

**MINDFUL YOGA** - A gentle paced yoga practice with a focus on creating balance in all areas by linking breath with movement and ending with a relaxing guided meditation. Level 2

**OCTAGON (all Octagon classes)** – Circuit training on an adult playground! Each class is different! Sign up is 15 minutes prior to class at the Wellness Desk. 10 person limit. 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 core 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 muscle sculpting, core firming with strength and flexibility. Level 3

**PIYO STRETCH**– A shorter version of PiYo that focuses on stretching. Level 2

**POUND** – The World’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. 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 CUT** - Define yourself! This class offers Bootcamp type moves to give you a total body workout that targets each major muscle group! Level 2

**POWER YOGA** – A combination of deep breathing and flowing yoga postures. It has the ability to build strength, increase endurance, release tension, and create more flexibility in the entire body. Level 2

**PURE STEP** -Step aerobics is a classic cardio workout. You step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Level 2

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

**RUN, TRAIN, CONQUER!** - Just starting out running, want to get back into running or want to learn new ways to train for your runs? This is the class for you! Meet on the Wellness floor to work on a different training plan each week! Be prepared for outdoor training, weather permitting. Level 2

**SILVERSNEAKERS® FITNESS PROGRAM** - Cardio circuit, muscular strength, range of motion, 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

**STRETCH** – Come warmed up and ready to stretch for 15 minutes!

**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

**TAI CHI** - an emphasis on continuity, connection, and your feeling of FLOW. The FLOW workout meets the needs of a variety of different students. Level 1

**T.G.I.F.** - This class has a unique blend of everything you need on a Friday!. Level 2

**TOTAL BODY** – Strength training for the whole body. Start your week off strong! Level 2

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

**TURBO KICK** -Packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You'll leave every class dripping sweat—and ready to conquer anything! Level 2

**VINYASA FLOW YOGA** –Focus on linking conscious breath with a vigorous and mindful flow. Build strength, flexibility and concentration while cleansing the body and calming the mind. 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 5-10.

**YOGA FOR YOU** - For those who are seeking a deeper relaxation and clear mind. 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®/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](http://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling)