



MERRIMACK GROUP EXERCISE SPRING 2019

(UPDATED 4/30/19)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| 6:00-6:45 Team Circuit Joy | 6:00-6:45 Rise N Shine Yoga Elizabeth | | 6:00-6:45 Rise N Shine Yoga Elizabeth | | 7:00-7:55 Cardio Mix Jeannette | |
| 8:30-9:15 Pilates Carol | 8:30-9:10 Team Circuit Beth | | 8:30-9:10 Team Circuit | 8:30-9:10 T.G.I Circuit Amy | 8:00-8:45 Kickbutta Cindy/Heather/ Jeannette | 8:30-9:15 Zumba Toning Marji |
| 9:30-10:30 Boot Camp Intervals Aga | 9:15-10:30 Gentle Yoga Julia | 9:15-10:15 Step II Interval Kim | 9:15-10:15 Zumba Jess | 9:15-10:00 Move n Groove Jess <hr/> 9:15-10:00 Endurance Barre Elizabeth (dance studio) | 9:00-10:15 Step I/II Joy | 9:15-10:15 Zumba Marji |
| 10:30-11:30 Fitness Yoga Kim | 11:00-11:45 POUND Jess | 10:30-11:30 Fitness Yoga Cheryl | 10:30-11:45 Beginner Yoga/ Qi Gong Dennis | 10:30-11:30 Fitness Yoga Kim | 10:30-11:30 Yoga Rotate (See posted schedule) | 10:30-11:30 Cardio Kickbox Cindy/Heather |
| 12:00-12:45 Wildcard Workout Amy | 12:00-1:00 Zumba Jessica | 12:00-12:45 Muscle Mania Amy | 12:00-1:00 Boot Camp Aga | 12:15-1:00 POUND Leslie | | |
| 1:30-2:15 ZUMBA GOLD Jess | 1:30-2:15 SilverSneakers® Diana ***** | | 1:30-2:15 SilverSneakers® Diana ***** | | | |
| 4:30-5:25 Strength, Stretch and Tone Meredith | 4:00-4:30 Kenpo Jujitsu 4-7year olds ***** | 3:00-4:00 Moving for Better Balance Diana ***** | 4:00-4:30 Kenpo Jujitsu 4-7year olds ***** | 3:00-4:00 Moving for Better Balance Diana ***** | | |
| 5:30pm-6:25pm Meditation Monday Jay | | 4:15-5:15 Gentle Yoga Cathy | | | | |
| 6:30-7:25 Fitness Yoga Idgy | 6:00-6:45pm Zumba Toning Deb | 6:00-6:55 Zumba Jess | 6:00-6:55 Yoga Catherine | 6:00-7:00 KickHIIT Cindy/Jeannette | | |
| 7:30-8:15 KickHIIT Cindy/Jeannette | 7:00-7:55 Zumba Marji | 7:00-8:00 Cardio Kickbox Cindy/Heather | 7:00-8:00 Zumba Deb | | | ***** Registration Required. Please see program brochure |

Merrimack Group Exercise Descriptions

- **BEGINNER YOGA/QI GONG-** Yoga basics plus the flowing movements of Qi-Gong to strengthen, stretch and improve balance.
- **CARDIO KICKBOX-** This class combines kickboxing, boxing, strength and endurance with pumping pop music and a Tai Chi cool down. All levels welcome.
- **CARDIO MIX-** Cardio dance class with body weight exercises thrown in- jacks, lunges, squats...start your weekend right!
- **BARRE-** Ballet-inspired inspired fitness. Work your full core with a mix elements of based in pilates, dance, yoga and functional training. In the dance studio!
- **AFRO VIBE** A dance of wellness and fitness based on African sounds. The workout has you immediately moving your arms, waist and legs to a bend of Central, East, South, West and North African rhythms. Light weights may be used. All levels welcome.
- **KICKBUTTA-** This is a TABATA style (20 second workout with 10 sec rest in four minute increments) class with a "kick". Use only your body weight (no dumbbells or equipment). Class is designed with three levels (beginner, intermediate and advanced), so it's a workout for everyone! Tai Chi cool down.
- **BOOT CAMP-** Build strength and endurance through a variety of high intensity intervals.
- **FITNESS YOGA** - Designed and developed for people who want a workout as well as all the benefits of traditional yoga. This class uses strength, cardiovascular conditioning, and flexibility components combined with music to enhance the experience. Beginners welcome, speak with instructor.
- **GENTLE YOGA-** A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.
- **KICKHIIT-** This interval training class changes it up each time with Tabata or Boot camp-style routines, weights, kickboxing, bars, bands, steps and maybe the kitchen sink! A cool Tai-Chi ending. Designed for all levels.
- **MUSCLE MANIA-** A full body workout in a circuit format using a combination of exercises specific for upper & lower body and core. Weights will be incorporated, and high intensity intervals will be used.
- **MENTATION MONDAY-** Research indicates that meditative practices may reduce stress, deeply relax the body, build a more robust brain, delay cellular aging and influence positive genetic expression. In this class, we will practice techniques to develop a sense of focus and stillness, and experience the peace that is beyond our thoughts and worries. No prior meditation practice is required.
- **MOVE N GROOVE-** Move to the beat at your own speed. Build balance & flexibility and charge up your metabolism! Invigorating dance fitness provides modified, low-impact moves & easy to follow pacing for all fitness levels. Light weights <3 lbs may be used.
- **PILATES-** Pilates workouts focus first on developing strength through the core of the body--the back, abdomen and hips. This provides a foundation to continue working the rest of the body. The concentration is not only on strength but also flexibility and coordination.
- **POUND-** Pound is the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! POUND is a full body cardio jam session!
- **RISE N SHINE YOGA-** Start your day with this energizing, balancing flow.
- **SILVERSNEAKERS@-** Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement. Recommended for 55+.
- **STEP I/II** - A step aerobic class that is for both beginner and intermediate steppers.
- **STEP INTERVAL** - A Step II aerobic class that includes intervals of dumbbell and body bar work. A great all around workout!
- **STRENGTH, STRETCH AND TONE-** Yoga and strength training combined. Work your muscles and then stretch them in this combination class.
- **TGI CIRCUIT-** A high energy strength and cardio class using between 10-15 stations (45 seconds per station). Stations are a mix of upper body, lower body & core exercise as well as cardio components. Examples of equipment used in class: battle rope, steps, kettlebells, free weights & stability balls.
- **TAI JI QUAN: MOVING FOR BETTER BALANCE-** A research based balance training program for older adults. Exercises are designed around eight forms in the Yang style with variations to challenge and improve balance.
- **TEAM CIRCUIT-** Use stability balls, dumbbells, body bars and more to increase strength, improve cardiovascular health and enhance functional movement.
- **WILDCARD WORKOUT-** A fun fitness class where the format is different each week. Examples of the different class formats are: boot camp style, circuit/stations, strength training with with run/jog/walk intervals, cardio & strength and high intensity intervals (HIIT). Full body workout each class.
- **ZUMBA-** This popular class across the country is at your Y! Work your body head to toe with a strong emphasis on core muscles while having a blast grooving to Latin American rhythms.
- **ZUMBA GOLD-** Zumba Gold classes provide modified, low-impact moves for older adults. Also great for beginners!
- **ZUMBA TONING-** Original Zumba utilizing light weights for muscle toning.