



# WESTWOOD PARK YMCA SPRING GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 MX4 With Melissa	8:30 MX4 With Patrick J
	9:30 MX4 Jen		9:30 MX4 Courtney	9:30 MX4 Melissa		
						10:00 – 11:15 Bootcamp Patrick J (pre-registration required)
12:00-12:30 MX4 Express Bethany	12:00-12:30 MX4 Express Jen	12:00-12:30 MX4 Express Patrick J	12:00-12:30 MX4 Express Courtney	12:00-12:30 MX4 Express Patrick J		
1:00 Silver Sneakers Stability Dennis						
5:30 MX4 Christina	5:30 MX4 Patrick M	5:30 MX4 Christina	5:30 MX4 Patrick M			
6:30 MX4 Patrick J	6:30 MX4 Patrick M	6:30 MX4 Patrick J	6:30 MX4 Patrick M			Classes & Times are subject to change
					Schedule Effective 4/8/19	

## Class Descriptions

### BOOT CAMP

This class will focus on military-style exercises and functional movements like push-ups, squats, sprints, and sit-ups. It is a great workout and a chance to burn calories while having fun and building amazing strength. **Pre-registration and payment required.**

### MX4

The MX4 offers a fun and exciting workout that can help you improve your cardiovascular fitness, power, strength and endurance. Are you looking to get stronger, enhance performance or just have fun? With the mix of personal trainer attention, camaraderie and challenging progressive workouts, the MX4 is for everyone!

### MX4 EXPRESS

One Round of MX4 Stations done in 1/2 hour!

### SILVER SNEAKERS STABILITY

A drills and skills class designed to improve balance, agility, mobility and power in an older adult. All functional movements require a working balance system from walking down the street, to dancing, to executing a squat.

Pre-registration required for MX4 classes due to 16 person maximum for each class. Please visit the following site to register:

[https://www.supersaas.com/schedule/YMCA\\_of\\_Greater\\_Nashua/MX4\\_at\\_Westwood\\_Park](https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/MX4_at_Westwood_Park)