



# WESTWOOD PARK YMCA SPRING GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:30 MX4 Melissa	8:30 MX4 Joe
	9:30 MX4 Jen		9:30 MX4 Courtney	9:30 MX4 Melissa		
12:00-12:30 MX4 Express Bethany	12:00-12:30 MX4 Express Jen	12:00-12:30 MX4 Express Joe	12:00-12:30 MX4 Express Courtney	12:00-12:30 Mx4 Express Joe		
1:00 Stability & Balance Dennis			1:00 Stability & Balance Dennis			
5:30 MX4 Christina	5:30 MX4 Patrick	5:30 MX4 Christina	5:30 MX4 Patrick			
6:30 MX4 Joe	6:30 MX4 Patrick	6:30 MX4 Joe	6:30 MX4 Patrick			Classes & Times are subject to change
					Schedule Effective 5/13/19	

## Class Descriptions

### 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!

### STABILITY & BALANCE

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)