



YMCA OF GREATER NASHUA – NASHUA YMCA

GROUP EXERCISE SCHEDULE
EFFECTIVE 2/17-3/29

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Cycle & Strength*	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
9:15-10:00am	Silver Sneakers	Gym	Val
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	Val
11:30-12:25pm	Yoga	Studio C	Cathy
12:00-12:40pm	Octagon Lunch Circuit	Wellness Floor	Becki
4:30-5:25pm	Zumba@/Tone	Studio A	Jess
5:30-6:25pm	Sweat Camp	Studio A	Jess M.
6:45-7:45pm	Yoga for All	Studio C	Lacy
7:30-8:15pm	Cycle Strength	Studio A	Holly

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	Octagon	Wellness Floor	Maryann
7:30-8:25am	Tai Chi Flow	Studio C	Maria
9:15-10:10am	Strength & Stretch	Studio C	Shannon
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
10:15-11:00am	HIIT the Barre	Studio C	Shannon
10:15-11:00am	Yoga for Athletes	Studio A	Bethany
10:45-11:30am	Arthritis Foundation Aqua	Pool	Jess
11:15-12:00pm	BOOM	Studio C	Bev
11:45-12:30pm	Aqua Zumba@	Pool	Leslie
12:15-1:00pm	Pilates	Studio C	Amber
5:30-6:15pm	Zumba@ for Kids	Studio C	Leslie
6:30-7:25pm	Cardio/Strength Intervals	Studio C	Sindy
6:30-7:30pm	Zumba@/Tone	Studio A	Leslie
7:15-8:00pm	Aqua Fitness	Pool	Ginger

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:55am	Bootcamp	Studio C	Laurie
7:20-8:10am	Group Cycling	Studio A	Liz
9:00-9:45am	Aqua Fit	Pool	Aga
9:15-10:10am	RIPPED	Studio A	Shannon /Meredith
9:15-10:10am	Pilates	Studio C	Liz
9:15-10:00am	Silver Sneakers	Gym	Jess
10:15-11:10am	Group Strength	Studio C	Brooke
10:15-11:00am	Silver Sneakers	Gym	Jess
11:00-11:45am	Zumba@ Gold	Studio A	Jess
12:00-12:55 pm	Bollyfuse	Studio A	Jess
5:30-6:25pm	Power Cut	Studio C	Mary K
6:30-7:25pm	Group Strength	Studio C	Mary K
6:45-7:40pm	Pound	Studio A	Leslie
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
10:05-11:05am	Fitness Yoga	Studio C	Aga
10:15-11:00am	Cardio Dance	Studio A	Leslie
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
11:45-12:30pm	Aqua Zumba@	Pool	Leslie
4:30-5:15pm	Yoga for Kids	Studio C	Kathryn
5:30-6:25pm	Kickboxing	Studio A	Laurie
6:30-7:25pm	Cardio Dance	Studio A	Jackie
6:30-7:25pm	High Fitness	Studio C	Sarah
7:30-8:25pm	Yoga & Mindfulness	Studio C	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
6:00-7:00am	Cycle & Strength*	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
9:15-10:00am	Chair Yoga	Studio A	Dennis
9:15-10:00am	Octagon	Wellness Floor	Jess M
10:00-10:45	Deep Water Cardio	Pool	Amber
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	Jessica
11:30-12:25pm	Yoga for You	Studio C	Michele
12:00-12:40pm	TGIF	Wellness Floor	Becki
12:15-1:00pm	Zumba@ Gold	Studio A	Jess
4:30-5:25pm	Bollyfuse	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
8:30-9:25am	RIPPED	Studio A	Rachel
9:30-10:15am	FuzeCraze	Studio A	Jess
9:30-10:15am	Yoga Express	Studio C	Carol
10:15-11:00am	Bombay Jam	Studio A	Jess
10:00-10:45am	Octagon	Wellness Floor	Aga / Josh
10:30-11:45am	Beginner Yoga	Studio C	Dennis

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:15am-9:15am	Go with the Flow Yoga	Studio C	Nicole
8:15am-9:45am	Stride*	Studio A	Mary K
9:30-10:25am	Pilates Fusion	Studio C	Meredith
10:00-11:00am	Dance2Fit	Studio A	Laura
10:30-11:25am	Family Yoga	Studio C	Kathryn



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

BOMBAY JAM- Bombay Jam® incorporates cardio and toning routines into one action-packed total body workout, The cardio routines incorporate basic, easy to follow dance fitness moves full of Bollywood flair, and the toning segment focuses on sculpting long, lean 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

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

CYCLE & STRENGTH - Get your cardio and strength done in one class! Level 2

DEEP WATER AQUA - Using the aid of floatation belts and noodles, explore a full range of movement in the deep water. This thirty-minute class provides a full body workout through interval conditioning. Level 2

FITNESS YOGA - An active, flowing style of yoga using control and working on flexibility. Level 3

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

GO WITH THE FLOW YOGA - Go with the Flow incorporates classical Hatha yoga, comprised of static postures that are held for several breaths and vinyasa flow, incorporating breathing techniques and meditation. All levels

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

HIGH FITNESS - Old School Aerobics meets HIIT trainin g all mashed up into a one-hour, total body workout. Have a blast physically and mentally! Leave class wanting more. Level 2

HIIT THE BARRE -Combine the empowering and energizing workout of Barre that has proven to create long, lean, powerful muscles with 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

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

POWERCUT - Define yourself! This class offers Bootcamp type moves to give you a total body workout that targets each major muscle group! 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

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

STRICTLY STRENGTH - If you’re looking for a total body strength training class, this is it! Various types of equipment will be used, including body-weight exercises, body bars and dumbbells. Level 2

STRENGTH & STRETCH - Shape and define your entire body with effective and efficient functional strength training exercises using a variety of equipment to keep you challenged, motivate and energized. Finish with a full body stretch designed to help release tension. Level 2

STRIDE - Cycling, cardio combined with strength. This is not a straight cycling class. Participants will alternate their cardio with cycling and floor work and work together for strength! Level 2

SWEAT CAMP – A combination of cardio and strength training that will make you sweat! 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

YOGA - Practice focusing on flowing yoga movement, breathing and meditation. Level 2

YOGA & MINDFULNESS -Gain strength, flexibility, and stress relief while practicing the art of mindfulness to gain a greater awareness in presence in the moment. 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 7-12. All Levels

YOGA FOR ALL We will combine a gentle flow class with classic Hatha postures to strengthen, tone and lengthen the body. We will also include a mindfulness and restorative segment at the end of class that will help you learn to better handle the stress, fatigue and anxiety that can build up during the week. All levels

YOGA FOR YOU - For those who are seeking a deeper relaxation and clear mind. Level 2

ZUMBA FOR KIDS - Kids ages 4-10 are welcome to join this playful approach to Zumba! All levels

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

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.

Group Cycling Classes Note:

* Pre-registration required. Please visit this link to register:

http://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling