



WESTWOOD PARK YMCA WINTER GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	6:00 Ride & Shine Val			6:00 MX4 Melissa I		
8:30 MX4* Erica	8:30 Strength & Stretch Jen	8:30 MX4* Erica	8:30 Strength & Stretch Jen	8:30 MX4* Jen	8:30 MX4* Jess <hr/> 8:30 Go With the Flow Yoga Nicole	8:30 MX4* Bobby
9:30 Dance2Fit Laura <hr/> 9:30 Group Cycling* Liz	9:30 MX4* Jen	9:30 Intro to PiYo Carol <hr/> 9:30 Themed Ride!* Amber	9:30 MX4* Mandy	9:30 Bootcamp Bethany	9:30 Group Cycling* Rotating Instructors <hr/> 9:30 High Fitness Sarah	9:30 MX4* Miranda
		10:30-11:00 Penalty Box Amber <hr/> 10:30 Cardio Dance Leslie				
	11:00-11:45 Zumba Gold Chair Heather		11:00-11:45 Zumba Gold Chair Heather			Entering a class more than 10 minutes after start time is considered disruptive and unsafe. Please refrain from entering a class after it has begun.
12:00-12:30 MX4 Express* Melissa		12:00-12:30 MX4 Express* Melissa		12:00-12:30 MX4 Express* Bethany		
1:00 Stability & Balance Dennis			1:00 Stability & Balance Dennis			Classes & Times are subject to change
4:30 MX4 Christina		4:30 -5:15 Bootcamp Christina				
5:30 MX4* Christina <hr/> 5:30 Group Cycling* Kat		5:30 MX4* Christina <hr/> 5:30 Group Cycling* Val		5:45-6:30 Dance2Fit Strength Laura <hr/> 5:30 Group Cycling* Rotating Instructors		
6:00 Dance Fitness Jackie	6:00 MX4* Erica	6:00 Dance2Fit Laura	6:00 MX4* Jess			* Pre-Registration Required (see info on back of this schedule)
6:30 MX4* Bobby	7:00 Functional Fitness* Erica	6:30 MX4* Bobby			CLASSES LISTED ARE FOR AGES 13+	
7:00 Mindful Yoga Jackie		7:00 Energy Flow Yoga Nicole		Color Code: Black—Functional Train. Purple—Studio Green—Turf Blue—Basketball Court Orange—Cycling Studio		Schedule Effective 2/17/2020

Class Descriptions

BOOT CAMP

Experience rounds of high intensity Plyometrics with intervals of strength training and sprint work. Come ready to have fun and work hard. Level 3

CARDIO DANCE

What a better way to exercise than dance? Get your cardio in while dancing to your favorite songs! Level 2

DANCE2FIT

Aerobic dancing mixed with fitness. Dance2Fit can be tailored to reach your goals, whatever they are! It is a combination of high-intensity workouts with upbeat and high energy music. Level 2

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. Level 2

DANCE2FIT STRENGTH

A full body workout to tone and tighten muscles using a variety of equipment, all within choreographed moves to upbeat and current music. Level 2

ENERGY FLOW YOGA

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

FUNCTIONAL FITNESS

Focus on breaking down specific movements to further improve form with the addition of heavier strength training utilizing dumbbells, kettlebells and an introduction to barbells. We will work on increasing cardiovascular capacity with dynamic workouts. Each hour long workout will vary but will consist of a warm up, time for strength or skill, a workout and time to stretch. Level 3

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. Suitable for all levels.

HIGH FITNESS

Old school aerobics meets HIIT training all mashed up into a one hour total body workout. Have a blast and see results physically and mentally. Leave class wanting more! Level 2

INTRO TO PIYO

A blend of Pilates and yoga at a controlled pace working on strength, flexibility 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. Suitable for all levels

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! Level 2

MX4 EXPRESS*

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

PENALTY BOX

The Penalty Box® is a complete body workout program with over 119 Exercises based around a patented fitness product that is an agility grid and hurdle all in one. With Penalty Box® everyone is working at their own skill level. It can be the hardest or easiest workout in the world, depending on YOU. Level 2

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. Level 1

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 unwind and release tension. Level 2

ZUMBA GOLD CHAIR

Simple, easy movements to increase strength and flexibility in your arms, legs, and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor and simple steps that can be done in the chair. Level 1

*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

*Pre-registration for Group Cycling classes is require. Please follow the link below:

https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Group_Cycling_Westwood_Park

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.

Location Color Code:

Black—Functional Training Area

Purple—Studio

Orange—Group Cycling Studio

Green—Turf

Blue—Basketball Court