



MERRIMACK GROUP EXERCISE SPRING 2020

(UPDATED 3/10/20)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	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	9:15-10:45 Gentle Yoga Julia	9:15-10:15 Step II Interval Kim	9:15-10:15 Zumba Jess	9:15-10:15 Dance2fit Laura	9:00-10:15 Step I/II Joy	9:15-10:15 Zumba Marji
10:30-11:30 Fitness Yoga Kim		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	12:15-1:10 POUND Leslie		
1:30-2:15 ZUMBA GOLD Jess	1:30-2:15 SilverSneakers® *****		1:30-2:15 SilverSneakers® *****			
4:30-5:25 Strength, Stretch and Tone Meredith	4:00-4:30 Kenpo Jujitsu 4-7year olds *****		4:00-4:30 Kenpo Jujitsu 4-7year olds *****			
5:30pm-6:25pm Meditation Monday Jay		4:15-5:15 Gentle Yoga Cathy	5:00-5:50 Latin Rhythms Iraida			
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/Jeanette		
7:30-8:15 KickHIIT Cindy/Jeanette	7:00-7:55 Zumba Marji	7:00-8:00 Cardio Kickbox Cindy/Heather	7:00-8:00 Zumba Toning 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!

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.

DANCE2FIT- Dance2Fit will help you get your desired results by mixing aerobic dance with fitness. Dance2Fit combines high-intensity/low impact workouts with upbeat and high energy music.

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.

LATIN RHYTHMS- A fusion of Latin and international music including Bachata, Merengue, Salsa, and Reggae that create dynamic workouts. Routines feature aerobic/fitness interval training with a combination of fast and slow Latin rhythms that tone and sculpt.

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.

MEDITATION 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.

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.

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.