



Merrimack Group Ex schedule

Week of 9/21

	MONDAY 9/21	TUESDAY 9/22	WEDNESDAY 9/23	THURSDAY 9/24	FRIDAY 9/25	SATURDAY 9/26	SUNDAY 9/27
6:00-7:00		Rise N Shine Yoga Elizabeth	OUTDOOR Yoga Brian (6:30-7:30)	Rise N Shine Yoga Elizabeth	Group Cycling Liz <hr/> OUTDOOR Yoga Brian (6:30-7:30)		
9:00-10:00				HIGH Fitness Sarah (9:15-10:15)	Dance2Fit ***Laura***	Kickbutta **Cindy/Heather** (8:00-8:45)	
9:30-10:30			Group Cycling Ed		Group Cycling Colleen	Step II Joy (9:30-10:30)	Cardio Dance Jackie (10:00-11:00)
11:00-11:30		Senior Strength ***Amy***		Senior Strength ***Amy***		Yoga Dee (11:30-12:30)	OUTDOOR Mindfulness Jackie (11:15-12pm)
12:00-12:45	Muscle Mania ***Amy***	Group Cycling Cheryl <hr/> Core Flow Yoga Kim	HIIT/Tabata ***Amy ***	Boot Camp Aga <hr/> OUTDOOR Yoga Cheryl	OUTDOOR Boot Camp Amy		
1:15-1:45	Express Strength and Core Amy						
4:00-5:00	Strength, Stretch and Tone Meredith	OUTDOOR Run Club Beth (3:30-4:30pm)	Gentle Yoga Cathy				
5:30-6:30	Tumbao Fitness and Dance Iraida	Yoga and Mindfulness Jackie		OUTDOOR Zumba Marji			
6:00-7:00	Group Cycling Chuck		Kickbox **Cindy/Heather**	Yoga Brian			NOTE OUTDOOR!!
7:00-8:00		Zumba/ Zumba Toning Marji/Deb					***** LIVE and ZOOM *****

Reservations are required for ALL classes. Please visit:

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

PLEASE BRING YOUR OWN MAT

Questions? Please email Kim Hickman khickman@nmymca.org

Merrimack Group Exercise Descriptions

CARDIO KICKBOX- This class combines kickboxing, boxing, strength and endurance with pumping pop music and a Tai Chi cool down. All levels welcome.

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. Will be recorded for virtual participants.

BOOT CAMP- Build strength and endurance through a variety of high intensity intervals. Some equipment will be used.

GROUP CYCLING- Indoor cycling workout simulating hills, valleys, peaks & flat roads set to upbeat music.

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.

GENTLE YOGA- A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.

HIGH FITNESS- Old school aerobics made new! Simple and easy to follow choreography with intervals of jump squats, burpees etc. set to fun music from all decades. Take it HIGH or low- all levels of fitness welcome.

HIIT/TABATA- High intensity body weight workout using either HIIT or Tabata format. Class will be recorded for virtual participants

MUSCLE MANIA- A full body workout using a combination of exercises specific for upper body, lower body and core. Weights will be incorporated.

RISE N SHINE YOGA- Start your day with this energizing, balancing flow.

SENIOR STRENGTH- Use body weight and light dumbbells for this modified class. Will be recorded for virtual participants.

STEP AEROBICS- Intermediate step aerobics class with fun choreography.

STRENGTH, STRETCH AND TONE- Yoga and strength training combined. Work your muscles and then stretch them in this combination class.

TUMBAO FITNESS AND DANCE- Choreography that combines aerobic movements with expressive movements of body and dance techniques which help in fast learning of basic steps of Latin rhythms such as Merengue, Salsa, Reggaeton and others.

TEAM CIRCUIT- Use dumbbells and more to increase strength, improve cardiovascular health and enhance functional movement.

YOGA- Increase strength, flexibility and stability in this yoga class.

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