



Reservations are required for ALL classes/blocks. Please visit:

[https://www.supersaas.com/schedule/YMCA\\_of\\_Greater\\_Nashua/Merrimack\\_Strength\\_Blocks](https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Merrimack_Strength_Blocks)

PLEASE BRING YOUR OWN MAT

Questions? Please email Kim Hickman khickman@nmymca.org

## *Merrimack Wellness Floor Class Descriptions*

### STRENGTH BLOCK

Use of strength equipment, Cybex machines and free weights, overseen by a Y instructor. You must clean whatever equipment you use before and after. Stretching is allowed, but if you'd like to use a mat, you will need to bring with you. Unfortunately we will not be able to offer reservations for a specific pieces of equipment. Social distancing will be required.

### FAMILY FITNESS (8+)

Bring the whole family for some socially distanced, organized fitness fun!

---