



# YMCA OF GREATER NASHUA – NASHUA YMCA

**GROUP EXERCISE SCHEDULE**  
September 21<sup>st</sup> – September 27<sup>th</sup>

## MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	GYM	Val
8:15-9:00am	Boot Camp	Outdoor Studio	Melissa I
9:00-9:45am	Pilates	Studio C	Amber
9:15-10:00am	Aqua Fit	Pool	Amy
9:15-10:10am	Pure Step	Studio A	Shannon
10:10-10:55am	Silver Splash	Pool	Margaret
10:15-11:10am	Group Strength	Studio C	Brooke
10:15-11:00am	Silver Sneakers	Gym	Val
11:05-11:50am	Aqua Zumba®	Pool	Leslie
5:30-6:25pm	Sh1ft & L1ft	Studio C	Rachel
5:30-6:25pm	Boot Camp	Outdoor Studio	Mary
6:45-7:45pm	Active Tranquility Yoga	Studio C	Elina
6:45-7:30pm	Group Cycling	Gym	Mary

## TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Gym	Val
9:00-9:45am	Strictly Strength	Studio C	Sarah
9:30-10:15am	HIIT2Fit	Studio A	Laura
10:10-10:55am	Arthritis Foundation Aqua	Pool	Jess
10:15-11:15am	Fitness Yoga	Outdoor Studio	Aga
12:00-12:45pm	Boot Camp	Outdoor Studio	Becki
6:30-7:25pm	Zumba®/Tone	Studio A	Leslie
5:30-6:25pm	HIGH Fitness	Studio C	Sarah

## WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:15 – 8:00am	Group Cycling	Gym	Liz
8:00-8:45am	Group Strength Express	Studio C	Melissa C
9:00-9:55am	Boot Camp	Outdoor Studio	Aga
9:15-10:10am	RIPPED	Studio A	Shannon
9:30-10:25am	Pilates	Studio C	Liz
10:10-10:55am	Aqua Boot Camp	Pool	Amber
10:15-11:00am	Silver Sneakers	Gym	Val
11:05-11:50am	Aqua Zumba®	Pool	Leslie
5:00-6:00pm	Power & Strength	Studio C	Mary K
6:00-7:00pm	Sunset Yoga	Outdoor Studio	Nicole
6:25-7:10pm	Aqua Zumba®	Pool	Tee
6:30-7:30pm	Power & Strength	Studio C	Mary K
6:30-7:15pm	Pilates Fusion	Studio A	Meredith
6:45-7:30pm	Group Cycling	Gym	Mary

## THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Gym	Val
9:00-9:45am	Strictly Strength	Studio C	Val
9:15-10:00am	Cardio Dance	Studio A	Leslie
10:15-11:15am	Yoga	Studio C	Cathy
12:00-12:45pm	Boot Camp	Outdoor Studio	Becki
5:30-6:25pm	Latin Rhythms	Studio A	Iraida
5:30-6:25pm	HIGH FITNESS	Gym	Sarah
6:00-6:55pm	Pound	Studio C	Leslie
6:25-7:10pm	Aqua Fitness	Pool	Ginger

## FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Gym	Val
6:00-6:45am	Total Body	Studio C	Melissa C
8:00-8:45am	HIGH FITNESS	Gym	Sarah
9:00-9:45am	Cardio Strength Intervals	Studio C	Brooke
9:15-10:00am	Aqua Fit	Pool	Amy
9:15-10:00am	Silver Sneakers	Gym	Jess
9:15-10:45am	Buti & Sculpt	Studio A	Amber
10:10-10:55am	Arthritis Foundation Aqua	Pool	Melissa
10:15-11:10am	Group Strength	Studio C	Sarah
11:05-11:50am	Aquasurge	Pool	Jess
12:00-12:45pm	TGIF	Outdoor Studio	Eirkiur
5:00-6:00pm	Power & Strength	Studio C	Mary K
6:30-7:30pm	Power & Strength	Studio C	Mary K

## SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:30-8:15am	Group Cycling	Gym	Holly
9:30-10:25am	Tumbao Fitness & Dance	Studio A	Iraida
9:15-10:10am	Go with the Flow Yoga	Outdoor Studio	Nicole
10:15-11:00am	Boot Camp	Outdoor Studio	Josh

## SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
9:00-10:00am	Soulful Sunday's Yoga	Studio C	Ryan
9:00-9:55am	Zumba®	Outdoor Studio	Tee
9:30-10:25am	Dance2Fit	Studio A	Laura

**To create an account for reservations please visit:**

[https://www.supersaas.com/users/new/YMCA\\_of\\_Greater\\_Nashua](https://www.supersaas.com/users/new/YMCA_of_Greater_Nashua)

**For Reservations please visit:**

[https://www.supersaas.com/schedule/YMCA\\_of\\_Greater\\_Nashua/Nashua\\_Group\\_Exercise\\_Classes](https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Nashua_Group_Exercise_Classes)

- All classes require registration. NO Exceptions
- Class times and schedule subject to change
- We will not be supplying mats. You must bring your own with you.

For any questions regarding this schedule, please contact Melissa Collins @ mcollins@nmyymca.org



**AQUA FIT (Includes all Aqua Classes)**- Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. Level 2

**AQUASURGE**—Fluid dance format to transport your workout into an energizing hour or creative movement in the water. Aqua Basics - Back to the Basics, But with Fun & Finesse. Also includes gentle movements in the water that target range of motion and comfort. Level 1

**AQUA ZUMBA** - Brings new meaning to the idea of an invigorating workout. It combines the South American Zumba rhythm and dance steps with a pool party. It offers a fun but challenging, water-based, body-toning workout. 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

**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 2

**BUTI YOGA** - Movement medicine that combines yoga asana with breathwork, primal movement & tribal-inspired cardio sprints. The practice encourages self love, community and feeling the energy of the music. All levels of experience are welcome. There are no expectations and no judgements made here. Level 2

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

**FITNESS YOGA** - An active, flowing style of yoga using control and working on flexibility. 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)**: 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 training all mashed up into a one-hour, total body workout. Have a blast physically and mentally! Leave class wanting more. Level 2

**LATIN RHYTHMS**- The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata and Cha-Cha-Cha. We will introduce you to dance patterns for each Latin dance style. 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

**POUND** – The World’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Level 2

**POWER & STRENGTH** - 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

**SH1FT & L1FT** - workouts blend the best of HIIT with smart, functional fitness. SH1FT workouts use your bodyweight as the tool to develop speed, balance and agility. ... L1FT workouts utilize weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. 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

**SILVER SPLASH** - A fun, shallow-water exercise suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. Level 1

**SOULFUL SUNDAY’S YOGA** - A juicy 60 minute vin yin flow class for members of all ages. Full body relaxation and mind- body balance are the goals as we practice breathe to movement postures.

**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

**SUNSET YOGA**- Ending the day with the sun. Incorporating classical Hatha yoga and vinyasa flow. All Levels

**TOTAL BODY-** – Strength training for the whole body. End your week strong! Level 2

**TUMBAO FITNESS & DANCE** .Choreography that combines aerobic movements with expressive movements of body and dance techniques which help in fast learning of latin rhythms such as merengue, salsa, reggaeton, bachata , dembow etc. Level 2

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

**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.