



# YMCA OF GREATER NASHUA – NASHUA YMCA

**GROUP EXERCISE SCHEDULE**  
September 28th – October 4th

## 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 |
|---------------|------------------------|----------------|------------|
| 6:00-6:45am   | Intervals              | Studio C       | Melissa    |
| 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       |
| 9:15-10:00am  | Core & Stretch            | Studio A       | Melissa    |
| 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@nmymca.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

**INTERVALS** -Interval workouts are designed to alternate between segments of intense work followed by lighter intensity work or rest. Workouts may include total body strength and cardio work as well as use of various types of equipment.

**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

**SHIFT & LIFT** - workouts blend the best of HIIT with smart, functional fitness. SHIFT workouts use your bodyweight as the tool to develop speed, balance and agility. ... LIFT workouts utilize weights to sculpt lean muscles and turn you into a fat burning machine long after the workout is over. Level 2

**SILVERNEAKERS® 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.