



## WESTWOOD PARK YMCA WEEK OF SEPTEMBER 21ST—27TH - GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 MX4* Jen	6:00-7:00 MX4* Jen	6:00-7:00 MX4* Jen	6:00-7:00 MX4* Jen	6:00-7:00 MX4* Jen		
7:30-8:30 ReMiX4 Melissa	7:30-8:30 ReMiX4 Melissa	7:30-8:30 ReMiX4 Melissa	7:30-8:30 ReMiX4 Melissa	7:30-8:30 ReMiX4 Melissa	8:15-9:15 MX4 Melissa I	
	8:00—8:55 Strength & Strech Jen Studio		8:00-8:55 Strength & Strech Jen Studio			
9:00-10:00 ReMiX4 Melissa	9:00-10:00 ReMiX4 Melissa	9:00-10:00 ReMiX4 Melissa	9:00-10:00 ReMiX4 Melissa	9:00-10:00 ReMiX4 Melissa	9:45-10:45 MX4 Melissa I	9:30-10:30 MX4 Mrianda
	12:15-12:45 MX4 Express Eirkiur		12:15-12:45 MX4 Express Eirkiur			
	4:00-4:45 Family MX4 Josh		4:00-4:45 Family MX4 Josh	4:30-5:15 Group Cycling Mary Cycling Studio		
5:00-6:00 ReMiX4 Bobby		5:00-6:00 ReMiX4 Bobby	5:30-6:30 ReMiX4 Bobby	5:30-6:30 MX4 Mary		Classes are 13+
6:30-7:30 ReMiX4 Bobby	7:00-8:00 Functional Form & Fitness Bobby	6:30-7:30 ReMiX4 Bobby	7:00-8:00 Functional Form & Fitness Bobby			

### Class Description

#### **Functional Form & Fitness-**

Focus will be on Form, Strength & Endurance

#### **Group Cycling**

High intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout. Level 2

#### **MX4**

The MX4 offers a fun and exciting workout that can help you improve your cardiovascular fitness, power, strength and endurance. Are you looking to get stronger, enhance performance or just have fun? With the mix of personal trainer attention, camaraderie and challenging progressive workouts, the MX4 is for everyone! In the 1/2 hour class we will do one round of MX4 Stations, in the full hour class, there's 2 rounds!. 100% all-out effort from each participant!!

#### **MX4 Express**

1 round of MX4. 100% all-out effort and one in 30 minutes!

#### **MX4 Family**

MX4 for the family! Each family is allowed 4 participants. Work through the stations together as a team in this fun family format!! Ages 10+.

#### **ReMix4**

Mx4 Equipment, stations and timing integrated with additional functional fitness equipment and exercises!

#### **Strength & Stretch**

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. End class with a full-body stretch.

Pre-registration required for all classes. Please visit the following site to register:

[https://www.supersaas.com/schedule/YMCA\\_of\\_Greater\\_Nashua/Westwood\\_Park\\_Group\\_Exercise](https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Westwood_Park_Group_Exercise)