



# Merrimack Group Ex schedule

## Week of 9/28

	MONDAY 9/28	TUESDAY 9/29	WEDNESDAY 9/30	THURSDAY 10/1	FRIDAY 10/2	SATURDAY 10/3	SUNDAY 10/4
6:00-7:00		Rise N Shine Yoga Brian		Rise N Shine Yoga Elizabeth	Group Cycling Liz  OUTDOOR Yoga Brian (6:30-7:30)		
9:00-10:00			HIGH Fitness Sarah (9:15-10:15)	Dance2Fit  ***Laura*** (Thursday just this week)		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 Jackie (11:30-12:30)	OUTDOOR Mindfulness Jackie (11:15-12pm)
12:00-12:45	Muscle Mania ***Amy***	Group Cycling Cheryl  Core Flow Yoga Kim	HIIT/Tabata ***Amy ***	Boot Camp Aga  OUTDOOR Yoga Cheryl	OUTDOOR Boot Camp Amy		
1:15-1:45							
4:00-5:00			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 Catherine			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](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](mailto: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.