



Merrimack Group Exercise Schedule

November 15th—November 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00	Simple Strength Joy	Rise N Shine Yoga Elizabeth	Intermediate Step Joy Group Cycling Val	Rise N Shine Yoga Elizabeth	Group Cycling Liz		
8:00-9:00						**Kickbutta** Cindy/Heather (8:00-8:45) Group Cycling Rotating Instructors (8:30-9:30)	
9:00-10:00	**Cardio Dance** Leslie	Fitness Yoga Kim	HIGH Fitness Sarah (9:30-10:30)	Cardio Fusion Melissa (9:30-10:15) NEW!	Dance2Fit Laura (9:00-9:45) **Rest & Recover** Laura (9:50-10:15) NEW!	Intermediate Step Joy (9:00-10:15)	Cardio Dance Jackie
10:30-11:30	Beginner Yoga/ QiGong Dennis		PAWS Dennis (10:45-11:30)		Fitness Yoga Kim	Yoga Rotating Instructors	Yoga for All Jackie (10:15-11:00)
11:00-11:30		Senior Strength Amy (11:00-11:45)		Senior Strength Amy (11:00-11:45)			
12:00-12:45	Muscle Mania Amy	Train & Tone Amy	HIIT/Tabatas Amy				
4:00-5:00			Gentle Yoga Cathy				For your safety and the safety of others, please do not enter class more than 10 minutes after start time.
5:30-6:30	HIGH Jackie NEW! Beginning 11/8						
6:00-7:00	Group Cycling Chuck	Zumba® Toning Marji/Deb NEW TIME!	**Cardio Kickboxing** Cindy/Heather	Zumba® Marji	Yoga Flow & Meditation Carol		Classes are 13+ Unless otherwise noted
7:00-8:00							** Class also offered virtually **

Reservations are required for ALL classes. Please visit:

https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Merrimack_Group_Ex_Classes

PLEASE BRING YOUR OWN MAT

For any questions regarding the Group Exercise Schedules please contact Melissa Collins

mcollins@nmymca.org

Class Descriptions

BEGINNER YOGA / QI GONG -Gain strength and flexibility through the use of different postures and Qi Gong techniques are used.

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

CARDIO FUSION—A cardio workout that can include step, choreographed with varied intensity aerobics, or kickboxing, followed by a post cardio muscle strength segment for a total body workout.

CARDIO KICKBOXING- This class combines kickboxing, boxing, strength and endurance with pumping pop music a Tai Chi cool down. All levels welcome.

DANCE2FIT- A fun, energetic, high-intensity workout. Using various types of popular music to create an aggressive but rewarding full body workout. You'll be using body weight to target and tone core muscle groups and floor work to target a little deeper.

DANCE FITNESS—Incorporates some or many forms of **dance**. It's an aerobic **workout**, divided into different tracks that provide peaks and troughs of intensity. The overall intensity of a class varies depending on the style you're doing.

FITNESS YOGA—An active, flowing style of yoga using control and working on flexibility.

GENTLE YOGA- A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.

GROUP CYCLING— Indoor cycling workout simulating hills, valleys, peaks & flat roads set to upbeat music.

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.

INTERMEDIATE STEP -Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music. This class is for the intermediate stepper with intermediate choreography.

KICKBUTTA- This is a TABATA style (20 second workout with 10 sec rest in four minute increments) class with "kick." Use only your body weight (no dumbbells or equipment). Tai Chi cool down.

MEDITATION MONDAY—Let go of your weekend, come into the present, and ground and relax for the week ahead.

MUSCLE MANIA- A full body workout using a combination of exercises specific for upper body, lower body and core. Weights will be incorporated.

PAWS -Power Agility and Weight Strengthening (PAWS). We will use Dumbbells, Bands to enhance your strength, practice balance and agility movements to help you in your daily life activities.

REST & RECOVER— 30 minutes of stretches and deep breaths to end your week and restore your muscles!

RISE N SHINE YOGA- Start your day with this energizing, balancing flow.

SENIOR STRENGTH— Use body weight and light dumbbells for this modified class.

SIMPLE STRENGTH - If you're looking for a total body strength training class, this is it! Various types of equipment will be used, and modifications are available so beginners to advanced are all welcome!

TRAIN & TONE—Will it be the track the weight room or outside? Instructors choice of location and workout! Something different every week!

YOGA FLOW & MEDITATION - An active, full body yoga flow focusing on strengthening, stretching and breathing followed by a relaxing meditation at the end of practice.

YOGA FOR ALL - Become stronger, more flexible, develop coordination, balance and motor skills. Relaxation techniques, deeper focus, and concentration will be experienced by all and aid with becoming more grounded and peaceful together. ALL are welcome!

YOGA— Increase strength, flexibility and stability in this yoga class.

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.

Schedule is subject to change.

Please check Supersaas for any last minute changes or substitutes.