



YMCA OF GREATER NASHUA – NASHUA YMCA

GROUP EXERCISE SCHEDULE November 15th – November 28th

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	GYM	Val
8:00-8:45am	Body Blast	Wellness Floor	Becki
9:15-10:00am	Pilates*	Studio C	Melissa
9:00-9:45am	Aqua Fit	Pool	Amy
9:15-10:10am	Pure Step	Studio A	Shannon
10:15-11:00am	Silver Sneakers	Gym	Val
10:15-11:10am	Group Strength Cardio	Studio C	Sarah
10:30-11:15am	Kickboxing*	Studio A	Shannon
11:00-11:45am	Aqua Zumba@	Pool	Leslie
12:15-12:45pm	Cardio Latin Dance Lunchtime Workout!*	Studio A	Iraida
5:30-6:30pm	Buti Yoga*	Studio C	Amber
7:00-8:00pm	Pilates Fusion*	Studio C	Meredith

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Studio A	Val
8:00-9:00am	Beginner Yoga/Qi Gong	Studio C	Dennis
9:15-10:15am	Strength & Mobility	Studio C	Brooke
9:30-10:30am	HIGH	Studio A	Sarah
10:15-11:00am	EZ Aqua	Pool	Val
10:15-11:00am	Silver Sneakers	Gym	Leslie
10:30-11:30am	Yoga for You	Studio C	Brooke
11:00-11:45am	BOOM	Studio A	Bev
12:15-12:45pm	H2O Blast NEW!	Pool	Iraida
5:30-6:30pm	HIGH	Studio C	Sarah
6:30-7:30pm	Zumba@/Tone	Studio A	Leslie
7:00-8:00pm	Go with Flow Yoga	Studio C	Nicole

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-6:45am	Sunrise Yoga*	Studio C	Carol
7:00-8:00am	Group Cycling	Studio A	Liz
8:00-8:45am	Body Blast	Wellness Floor	Becki
9:15-10:15am	RIPPED*	Studio A	Meredith
9:15-10:00am	Pilates	Studio C	Amber
9:15-10:10am	Octagon	Wellness Floor	Sarah
10:15-11:00am	Aqua Intervals	Pool	Amber
10:15-10:40am	Stretch	Studio A	Meredith
10:15-11:15am	Group Strength	Studio C	Brooke
10:15-11:00am	Silver Sneakers	Gym	Carol
11:15-12:00pm	Aqua Zumba@	Pool	Leslie
5:30-6:25pm	PowerCut Cardio Latin	Studio C	Mary K
12:15-12:45pm	Dance Lunchtime Workout	Studio A	Iraida
6:30-7:15pm	Aqua Zumba@	Pool	Tee
6:30-7:15pm	Group Strength	Studio C	Mary K
6:30-7:30pm	Cycle & Stretch	Studio A	Holly

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Studio A	Val
9:15-10:00am	Cardio Dance*	Studio A	Leslie
9:15-10:15am	Strictly Strength	Studio C	Val
10:15-10:45am	EZ Aqua	Pool	Brooke
10:30-11:30am	Yoga	Studio C	Cathy
12:15-1:00p	Octagon	Wellness Floor	Brooke
5:30-6:30pm	Latin Rhythms	Studio A	Iraida
6:00-7:00pm	Pound	Studio C	Leslie
6:30-7:15pm	Aqua Fitness	Pool	Ginger

Class is also offered virtually

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Ride & Shine	Studio A	Val
6:00-6:45am	Total Body*	Studio C	Melissa
8:00-8:45am	Body Blast	Wellness Floor	Becki
9:00-10:00am	PiYo	Studio C	Mandy
9:00-9:45am	Aqua Fit	Pool	Amy
9:15-10:10am	Buti Yoga*	Studio A	Amber
10:00-10:45am	Aqua BootCamp	Pool	Shannon
10:15-10:45am	Buti Bands*	Studio A	Amber
10:15-11:00am	Silver Sneakers	Gym	Val
10:15-11:15am	Group Strength Aqua Zumba@	Studio C	Meredith
12:30-1:15pm		Pool	Leslie
5:30-6:30pm	HIGH	Studio A	Sarah
5:30-6:45pm	PowerCut	Studio C	Mary K

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:30-8:15am	Group Cycling	Studio A	Holly
8:30-9:15am	Rumba	Studio A	Iraida
9:15-10:15am	Go with the Flow Yoga	Studio C	Nicole
9:30-10:30am	Tumbao Dance & Ftiness	Studio A	Iraida
10:30-11:30am	Yoga Fit	Studio C	Dennis

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:30-9:15am	Hiit2Fit	Studio A	Laura
9:00-10:00am	Fitness Yoga	Studio C	Carol
9:30-10:30am	Dance2Fit	Studio A	Laura

To create an account for reservations please visit:
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

- All classes **except Aqua** require registration.
- Class times and schedule subject to change. Please check Supersaas for any changes or substitutes.

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



AQUA FIT -Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. Level 2

AQUA INTERVALS - Interval training alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Level 2

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

AQUA BOOT CAMP - Strength training and aerobic conditioning with water resistance to give you an awesome overall body workout!

BEGINNER YOGA/QI GONG - Gain strength and flexibility through the use of different postures and Qi Gong techniques are used. Level 1

BODY BLAST – Cardio, strength & more! Meet on the Wellness floor for a full body workout! Level 2

BOOM - Improves cardio fitness with easy-to-follow moves set to energizing music as well as improve strength and functional skill. 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. Level 2

BUTI BANDS - Bands are utilized during high-intensity intervals to challenge the body through all planes of motion while targeting the hips and booty through lateral engagement. Level 2

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

CARDIO KICKBOXING - Combines kickboxing, boxing, strength and endurance. Level 2

CARDIO LATIN DANCE LUNCHTIME WORKOUT - Do you have 30 minutes during your lunch break? This Latin dance workout proves you can get your heart rate up while shaking your hips and shimmying your shoulders. All levels

CYCLE & STRETCH -40 Minutes of High intensity indoor cycling workout. Followed by 20 minutes of deep stretches with breathing. Level 2

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.

EZ AQUA- Warm water gentle movement. Just what the doctor ordered for arthritis, fibromyalgia, diabetes, high blood pressure, or pre/post-surgery. Level 1

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 - Old school aerobics meets HIIT training all mashed up into one-hour, total body workout. A steady state cardio workout with high-impact of burpees or cardio push tracks. Have a blast physically and mentally! Leave class wanting more. Level 2

HIIT2FIT—Designed to keep heart rates in target zones to build lean muscle, improve aerobic fitness and kickstart metabolism. Level 2

LATIN RHYTHMS- The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata and Cha-Cha-Cha. Level 2

OCTAGON - Bring your own mat! Equipment will also be shared during this circuit class using the functional multi-purpose Octagon. Cardio, Strength and fun all in one! 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. Level 2

PIYO - Combines muscle sculpting, core firming with strength and flexibility. Level 3

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

POWERCUT - Define yourself! This class offers Bootcamp type moves to give you a total body workout that targets each major muscle group! Level 3

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,

RUMBA - Dance has big gains. It is a good cardio workout that helps a person burn calories and gain flexibility. 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

STRENGTH & MOBILITY -Extended mobility warmup at the beginning of class, weight-bearing work and bodyweight exercises finishing with deeper / held stretching. Level 2

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

SUNRISE YOGA -An active, flowing style of yoga working on breath, strength and flexibility. Level 2

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

TUMBAO FITNESS & DANCE .Choreography that combines aerobic & expressive movements of dance techniques Level 2

VINYASA FLOW YOGA - Vinyasa Flow is a style of yoga with focus on transitions and movements, with less time spent in stationary poses. Level 2

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

YOGA FIT -Enjoy enhancing your strength, reducing stress and stretching your body in this Yoga class Level 1

YOGA FOR YOU - A kripalu lineage yoga practice that in which your breath guides your movement and held postures. A mind-body workout that will leave you feeling centered and strong. 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.