



YMCA OF GREATER NASHUA ACTIVE OLDER ADULT / BEGINNER CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:25-9:10 Aqua Fit Karen Pool	8:00-9:00 Beginner Yoga / Qi Gong Dennis 8:25-9:10 Aqua Fit Karen Pool	8:25-9:10 Aqua Fit Nancy Pool	8:25-9:10 Aqua Fit Karen Pool	8:25-9:10 Aqua Fit Nancy Pool		Classes & Times are subject to change
9:00-9:45 Aqua Fit Amy Pool				9:00-9:45 Aqua Fit Amy Pool		
10:15-11:00* SilverSneakers® Classic Val Gym 10:30-11:30 Beginner Yoga / Qi Gong Dennis	10:15-11:00* SilverSneakers® Classic Leslie Gym 10:00-10:45 EZ Aqua Val Pool	10:00-10:45 Aqua Intervals Amber Pool 10:15-11:00* SilverSneakers® Classic Val Gym	10:00-10:45 EZ Aqua Brooke Pool	10:00-10:45 Aqua Bootcamp Shannon Pool 10:15-11:00* SilverSneakers® Classic Val Gym	10:30-11:30 Yoga Fit Dennis	
	10:15-11:00 Senior Circuits Eirkiur MX4 Turf	10:30-11:30 PAWS Dennis	10:15-11:00 Senior Circuits Eirkiur MX4 Turf			See our Group Exercise Schedules for a full list of classes
11:00-11:45 Aqua Zumba Leslie Pool	11:00-11:30 Senior Strength Amy Studio	11:00-11:45 Aqua Zumba Leslie Pool	11:00-11:30 Senior Strength Amy Studio	12:00-12:30 Aqua Zumba Leslie Pool		
		4:00-5:00 Gentle Yoga Cathy Studio				Last Updated 11/15/21
		6:30-7:15 Aqua Zumba Tee Pool	6:30-7:15 Aqua Fitness Ginger Pool			Registration required for all classes

Color Key for branch location:

- Nashua—green
- Merrimack—blue
- Westwood Park—orange

Class Descriptions

AquaFit & Aqua Fitness: Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary.

Aqua Zumba®: Blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

Beginner Yoga / Qi Gong: Gain strength and flexibility through the use of different postures and Qi Gong techniques are used.

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

Gentle Yoga: A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.

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.

Senior Circuits: Build lasting strength with this total body strength circuit designed for active older adults.

Senior Strength: Using a chair if you want, moving through functional exercises with minimal to no equipment necessary.

Yoga Fit -Enjoy enhancing your strength, reducing stress and stretching your body in this Yoga class .