



WESTWOOD PARK YMCA NOVEMBER 29TH—JANUARY 2ND GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 MX4 Mel	6:00-7:00 Power Up Rachel	6:00-7:00 MX4 Val				
7:30-8:30 ReMIX4 Mel		7:30-8:30 MX4 Val		7:30 MX4 Melissa	8:15-9:15 MX4 Val	8:30 –9:30 Big Turf Bootcamp Mary K
9:15-10:15 MX4 Jen 9:00-9:45 Group Cycling Liz		9:15-10:15 MX4 Jen 9:30-10:30 Dance Fitness Laura NEW!		9:15-10:15 MX4 Jen 9:30-10:40 Beginner Cycle/Yoga Ed		Days and times subject to change. Please see Supersaas for last minute changes and Substitutes.
	10:15-11:00 Senior Circuits Eirkiur		10:15-11:00 Senior Circuits Eirkiur			
4:30-5:15 MX4 Bobby			4:30-5:15 MX4 Family Josh			
5:30 Tumbao Fitness & Dance Iraida 5:30-6:30 Functional Form & Fitness Bobby		5:30-6:15 Bands & Bells Laura NEW! 5:30-6:30 Functional Form & Fitness Mel	5:30-6:30 Circuits Josh NEW!			Classes are 13+
		6:30-7:30 Dance2Fit Laura				For your safety and the safety of others, please do not enter class more than 10 minutes after start time.

Class Descriptions

Bands & Bells - 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, resistance bands and dumbbells

Beginner Cycle/Yoga is a 30 minute cycle ride followed by a 30 minute yoga class. This class will give you the perfect balance of cardio, flexibility and strength.

Bootcamp: Located on the big turf—anything goes! Sleds, pull-ups, sprints, and more!

Circuits - A high-intensity class that include strength and cardio to make up a total body workout. Don't be surprised to see rowing machines, dumbbells, BOSU Balls, battle ropes, plyometric boxes and other fun equipment.

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- an exhilarating workout with dance and toning elements. We'll go from heart pumping peaks to slow tempo tracks to get a full body workout in a fun and motivating way.

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.

MX4 /MX4 Express The MX4 offers a fun and exciting workout that can help you improve your cardiovascular fitness, power, strength and endurance. In the 1/2 hour class we will do one round of MX4 Stations, in the full hour class, there are 2 rounds!

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+.

Power Up—A weight/resistance based class designed to find your strength & power through foundational moves which progress throughout class. Compound, complex and sequenced flow movement patterns build strength while elevating your heart rate through the sets.

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

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.

Color Location Key:

Black—MX4 Turf

Orange—Cycling Studio

Blue—Studio

Green—Big Turf

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