



Wellness Programs-Term D

March 14th – April 30th

Registration Opens March 7th for Members & Community

FM= Member, YM = Youth Member, C = Community,
(M) = Merrimack Branch, (N) = Nashua Branch, (W)= Westwood Park Branch

Class	Ages	FEE	MON	TUES	WED	THUR	FRI	SAT
Group Strength	17+	FM:\$65.00 C:\$129.00 One Day FM:\$46.00 C:\$90.00		6:00-7:00p (N)		6:00-7:00p (N)		
Beginner Women's Workout	17+	FM:\$65.00 C:\$129.00 One Day FM:\$46.00 C:\$90.00	10:15-11:00a (N)		10:15-11:00a (N)			
Intermediate Women's Workout	17+	FM:\$65.00 C:\$129.00 One Day FM:\$46.00 C:\$90.00		9:00-10:00a (N)		9:00-10:00a (N)		
Progressive Strength Training	17+	FM: \$65.00 C: \$129.00		6:00-7:00p (M)		6:00-7:00p (M)		
Teen Weightlifting	13-17	FM \$65.00 YM: \$91.00 C: \$129.00		5:00-5:45p (M)		5:00-5:45p (M)		
Kids Conditioning	7-10	FM \$46.00 YM: \$59.00 C: \$93.00						10:00-10:45a (M)
Kids on the Move	9-11	FM:\$46.00 YM:\$59.00 C:\$93.00		4:45-5:30p (N) 5:00-5:45p (M) 6:00-6:45p (N)	6:00-6:45p (M)			
Martial Arts	4-7	M: \$96.00 C: \$192.00		4:00-4:30p (M)		4:00-4:30p (M)		



Class Descriptions

Adult Classes

Group Strength

A challenging, yet adaptable, total-body, strength class for ALL FITNESS LEVELS. This, twice-per-week, class is designed to hit all major muscle groups every session to provide more consistent muscle stimulation to help speed-up your results. The instructor will take you through a 1-hour workout each class, starting with a warm-up before progressing to your main strength moves of the day and ending with a cool-down stretch. A one-day option is available for this class.

Trainer: Justin S.

Progressive Strength Training

This class will help participants gain and further their understanding of strength training principles, as well as build strength using a specific periodized program to meet strength training goals. Registration is for both days weekly. Trainer: Tyler

Beginner Women's Workout

This class is the perfect start for beginners or *those needing modifications!* Class will focus on total body strength with focus on core strength and incorporating balance moves and stretches to improve overall flexibility and strength while increasing balance and stability. A one-day option is available for this class. Trainer: Melissa

Intermediate Women's Workout

A workout that aims to hit all the major muscle groups in one single session. A one-day option is available for this class Trainer: Jen

Youth Classes

Teen Weightlifting

This class is designed to focus on basic strength training and helping teens get acclimated to the wellness area. Areas of focus will include prioritizing the importance of proper strength training mechanics using total-body strength training, focusing on proper gym etiquette, fitness assessments to help set attainable goals and track progress, and introduce conditioning and warm up activities using games designed to elevate heart rate.

Registration is for both days weekly. Trainers: Tyler and Justin M.

Kids Conditioning

This class provides a positive and nurturing environment for youth to participate in speed, conditioning, and agility workouts through game-based learning. Trainer: Tyler

Kids on the Move

Through this progressive program, your child will learn the principles of strength training, including proper form and technique, techniques needed for the weight room, rules for usage of the Wellness Center, goal-based training approaches and why what you eat matters. After successful completion of the program, you and your child will be able to work out together in the Wellness Center. Due to the program's progressive nature and for safety reasons, participants are allowed to miss a MAXIMUM of 2 classes during the term. *Registration is for one day weekly.* Trainers: Tyler (M), Josh (N)

Martial Arts

Lead by Master Casey, this introduction to martial arts is designed to improve listening, motor skills, and confidence. Students have fun and exercise while learning to focus and follow directions. Registration is for both days weekly.