



NASHUA YMCA FALL AQUA GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:45 Silver Splash Margaret	9:00-9:45 Water Works Aga	9:00-9:45 Aqua Fit Aga	9:00-9:45 Aqua Power Mandy	9:00 –9:30 Aqua Sculpt Melissa		
10:00-10:45 Aqua Bootcamp Katie				10:00-10:45 Y's Way To Water Exercise Connie		Entering a class more than 10 minutes after start time is considered disruptive and unsafe. Please refrain from entering after class has begun.
	12:30-1:15 Aqua Zumba® Leslie		11:15-12:00 Aqua Zumba® Leslie		Classes are for Members ages 13+ (unless specified)	
		7:00-7:45 Aqua Zumba® Leslie			Schedule dates: 8/29–12/31	Classes are subject to change without notice.

Class Descriptions

AquaFit: Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. **B, I, O**

Aqua Power: This class is a combination of athletic moves meant to give you a complete and total body workout! **B,I,O**

Aqua Sculpt: Strength focused using resistance equipment, noodles and bodyweight. Finish with core work and stretches. **B,I,O**

Aqua Zumba® Blends the Zumba philosophy with water resistance for one pool party you shouldn't miss! **B,I,O**

Silver Splash®: Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. **B,I,O**

Water Works: A variety of muscle specific exercises interspersed with heart healthy cardiovascular activity. **B,I,O**

Key: B – beginner, **I** – intermediate, **A** - advance **O** – older active adult

Any questions regarding this schedule, please contact: Melissa Collins, Group Exercise Coordinator at mcollins@nymymca.org