



# GROUP EXERCISE CLASSES AUGUST 10TH—AUGUST 15TH NASHUA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15 – 7:00am	Cycling Val	Cycling Val		Cycling Val	Cycling Val	
7:30-8:15am			Cycling Liz (7:15-8:00)			Cycling Holly
8:15-9:00am	Bootcamp Melissa					
8:30-9:25am				Step Mary K	HIGH FITNESS Sarah	
9:15-10:00am	Aqua Fit Amy		RIPPED Shannon (9:00-9:55)		Aqua Fit Amy	Tumbao Fitness and Dance (9:30-10:25)  Go with the Flow Yoga Nicole
9:00-9:55am		Fitness Yoga Aga	Boot camp Aga			
9:30-10:25am	Strictly Strength Sarah	HIIT2Fit Laura (9:30-10:15)	Pilates Liz	Strictly Strength Val	Buti Yoga Amber	
10:10-10:55	Silver Splash Margaret  Pound Amber *Live and Zoom* (10:00-10:55)	Arthritis Foundation Aqua Jess	Aqua Bootcamp Amber  Group Strength Brooke (10:00-10:55)		Arthritis Foundation Aqua—Jess  Group Strength Sarah (10:00-10:55)	10:15-11:00 Boot camp Josh
11:05-11:50am	Aqua Zumba Leslie		Aqua Zumba Leslie			All classes ages 13+
11:30-12:15pm	Silver Sneakers Val	Silver Sneakers Jess		Silver Sneakers Val	Silver Sneakers Jess	
5:30-6:25pm	“Mix It Up Monday”  RIPPED with Meredith	HIGH Fitness Sarah	Power Cut/ Strength Mary K (5:30-7:00)	Latin Rhythms Iraida	Power Cut/ Strength Mary K (5:30-7:00)	
6:25-7:10pm	Aqua Fitness Ginger		Aqua Zumba Tee			WEEK OF 8/10-8/15
6:30-7:25pm		Zumba Leslie	Pilates Fusion Meredith (6:30-7:15)			
6:45-7:30pm			Pound Leslie			

**Color Guide for location of classes:**

Black: Studio A  
 Orange: Gym      Pink: Studio C  
 Green: Outside    Blue: Pool

- All classes require registration. NO Exceptions
- Class times and schedule subject to change
- We will not be supplying mats. You must bring your own with you.

## PLEASE NOTE!

**We are unable to supply mats, you will need to bring one with you. Social distancing will be required and no sharing of equipment will be allowed. Each participant is also asked to clean equipment before and after use.**

### Class Descriptions

**AQUA FIT / Aqua Zumba** – Water Exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary.

**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.

**ARTHRITIS FOUNDATION AQUA** –This warm-water exercise program, suitable for every fitness level, has been shown to reduce pain and improve overall health. Exercises include range of motion, muscle-strengthening, socialization activities and an optional, moderate-intensity aerobic component.

**BOOT CAMP** –Experience rounds of high intensity Plyometrics with intervals of strength training and sprint work. Come ready to have fun and work hard outdoors!! Don't forget the sunscreen and water! If there is inclement weather class will be canceled. An email will be sent through the supersaas system.

**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. All levels of experience are welcome. There are no expectations and no judgements made here.

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

**FITNESS YOGA** –An active, flowing style of yoga using control and working on flexibility .

**GO WITH THE FLOW YOGA** –Incorporates classical Hatha yoga, comprised of static postures that are held for several breaths and vinyasa flow, incorporating breathing techniques and meditation.

**GROUP CYCLING**– High intensity indoor cycling workout simulating hills, valleys, peaks & flat roads for a total body workout.

**GROUP STRENGTH** –A barbell workout that incorporates functional strength training. Every movement plane is worked using weights and bodyweight.

**HIGH FITNESS** –Old School Aerobics meets HIIT training all mashed up into a one total body workout. Have a blast physically and mentally! Leave class wanting more.

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

**LATIN RHYTHMS**– The class is focused around basic body rhythms inherent in Cumbia, Merengue, Salsa, Bachata and Cha-Cha-Cha. We will introduce you to dance patterns for each Latin dance style.

**PILATES** –This routine will lengthen and tone your muscles, improve strength, and flexibility. It will develop your body core strength needed for everyday activities.

**PILATES FUSION**–A combination of core strength building moves to work your body from the core out. Standing strength moves along with planking and props may be incorporated into class.

**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!

**R.I.P.P.E.D** –Experience this total body workout, utilizing resistance & cardio training, which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance, & Diet.

**SILVER SNEAKERS**—Cardio circuit, muscular strength, range of motion, and activity for daily living skills. Perfect for our active older members.

**SILVER SPLASH**–A fun, shallow-water exercise class that is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

**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.

**STRICTLY STRENGTH**–Shape and define your entire body with effective and efficient functional strength training exercises. Finish with a full body stretch designed to help unwind and release tension.

**TUMBAO FITNESS & DANCE** .Choreography that combines aerobic movements with expressive movements of body and dance techniques which help in fast learning of latin rhythms such as merengue, salsa, reggaeton, bachata , dembow etc.

**URBAN KICK, HIIT & DANCE**—Blends cardio kickboxing, (punch and kick combinations), with sports conditioning athletic drills. Class incorporates steady state cardiovascular training, metabolic boosting H.I.I.T and dance moves!

**YOGA FOR ALL** –We will combine a gentle flow class with classic Hatha postures to strengthen, tone and lengthen the body. We will also include a mindfulness and restorative segment at the end of class that will help you learn to better handle the stress, fatigue and anxiety that can build up during the week.

**ZUMBA@**–Zumba@ combines high energy with motivating music so you won't even feel like you're exercising.

**To create an account for reservations please visit:**

[https://www.supersaas.com/users/new/YMCA\\_of\\_Greater\\_Nashua](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](https://www.supersaas.com/schedule/YMCA_of_Greater_Nashua/Nashua_Group_Exercise_Classes)