



Merrimack Group Exercise Schedule

APRIL 3RD — JUNE 25TH 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am		Rise N Shine Yoga Elizabeth	Intermediate Step Joy 6:00-6:45	Rise N Shine Yoga Elizabeth	Group Cycling Liz		
8:00-9:00am	Aqua Fit Karen 8:30-9:15	Aqua Fit Karen 8:30-9:15	Aqua Fit Nancy 8:30-9:15 8:30-9:10 Core & More Kim	Aqua Fit Karen 8:30-9:15	Aqua Fit Nancy 8:30-9:15	Kickbutta* Heather/Cari 8:00-8:45	
9:00-10:00am	Cardio Dance & Tone* Leslie 9:15-10:15	Fitness Yoga Kim Aqua Arthritis Fitness Karen 9:30-10:15	Strictly Strength Sarah 9:30-10:30 Group Cycling Chuck 9:30-10:30	HIGH Rene 9:30-10:30 Aqua Arthritis Fitness Karen 9:30-10:15	Bootcamp Basics Tyler	Intermediate Step Joy 9:00-10:15	Zumba® Tee
10:30-11:30am	Beginner Yoga/ QiGong Dennis		PAWS Dennis 10:45-11:30		Fitness Yoga Kim	Yoga Flow with Guided Meditation Carol 10:30-11:45	
11:00-11:45am		Senior Strength Amy D.		Senior Strength Amy D.			
12:00-12:45pm	Wildcard Workout Amy D.	Train & Tone Amy D.					
1:30-2:30pm			Beginner Line Dancing Janice				Days and times subject to change.
5:00-6:00pm			Gentle Yoga Nicole 5:00-5:45				
5:30-6:30pm	HIGH Jackie 5:30-6:25				Yoga 26 & 2 Christine 5:45-6:45		
6:00-7:00pm	Group Cycling Chuck Zumba® Iraida 6:30-7:15	Zumba® Toning Marji/Deb	Cardio Kickboxing* Heather/Cari Mindful Yoga Jackie Q. 7:15-8:00	Zumba® Marji			Classes are 13+

**Color
Location
Key:**

Black:
Group
Exercise
Studio

Orange:
Cycling
Studio

Blue: Pool

***Class
also offered
virtually**

Last edited on
3.24.23

Reservations are required for ALL classes.

PLEASE BRING YOUR OWN MAT

Class Descriptions

AQUA ARTHRITIS FITNESS: This class is designed to help individuals with arthritis, related rheumatic diseases, or musculoskeletal conditions to enjoy a more active lifestyle while improving health in a welcoming, supportive, fun environment. Reduce pain and stiffness, maintain or restore joint range of motion, maintain or increase muscle strength, improve balance and coordination, and decrease fatigue and increase endurance. Level 1

AQUA FIT: Water exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. Level 1

BEGINNER LINE DANCING: Exercise your brain while you exercise your body. We will cover basic steps and move on to dances that put these steps together. No partner is needed. Level 1

BEGINNER YOGA/QI GONG: Gain strength and flexibility through the use of different postures and Qi Gong techniques. Level 1

BOOTCAMP BASICS: Get the best of both worlds and combine cardiovascular exercise with strength training in a circuit-style workout that is sure to get your heart pumping. Work at your own pace. All levels

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

CARDIO KICKBOXING: This class combines kickboxing, boxing, strength and endurance with pumping pop music a Tai Chi cool down. All levels welcome.

CORE & MORE: Strengthen and stabilize your core, and more! Dumbbells, stability balls, Bosus and medicine balls may be used. Everyone is welcome. Please bring your yoga mat.

FITNESS YOGA: An active, flowing style of yoga using control and working on flexibility. Level 2

YOGA FLOW WITH GUIDED MEDITATION: A 1-hour flowing Vinyasa style yoga as we strengthen, stretch, and move the entire body. The last 15 minutes of guided meditation is optional, but highly recommended, to help focus on self-care while releasing stress and tension. Level 2

GENTLE YOGA: A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners. Level 1

GROUP CYCLING: Indoor cycling workout simulating hills, valleys, peaks & flat roads set to upbeat music. Level 2

HIGH: Old school aerobics made new! Simple and easy to follow choreography with intervals of jump squats, burpees, etc. set to fun music from all decades. Take it HIGH or low- all levels of fitness welcome. Level 2

INTERMEDIATE STEP: Step classes involve cardio conditioning on step benches and risers while performing choreographed routines to upbeat music. This class is for the intermediate stepper with intermediate choreography. Level 2

KICKBUTTA: This is a TABATA style (20 second workout with 10 sec rest in four minute increments) class with "kick." Use only your body weight (no dumbbells or equipment). Tai Chi cool down. Level 2

MINDFUL YOGA: Become stronger, more flexible, develop coordination, balance and motor skills. Relaxation techniques, deeper focus, and concentration will aid in becoming more grounded. All levels

PAWS: Power Agility and Weight Strengthening (PAWS). We will use dumbbells and bands to enhance your strength, practice balance and agility movements to help you in your daily life activities. Level 1

RISE N SHINE YOGA: Start your day with this energizing, balancing flow. Level 2

SENIOR STRENGTH: Use body weight and light dumbbells for this modified class. Level 1

STRICTLY STRENGTH: If you're looking for a total body strength training class, this is it! Various types of equipment will be used, and modifications are available so beginners to advanced are all welcome. Level 2

TRAIN & TONE: Will it be the track, the weight room or outside? Instructor's choice of location and workout. Something different every week! Level 2

WILDCARD WORKOUT: A wild mix of stations, strength, cardio and fun! Level 2

YOGA 26&2: A series of 26 postures and two breathing exercises. Appropriate posture variations may be integrated to add variety or extra challenge for students who want it. This yoga practice is an excellent way to help improve strength, balance, and flexibility.

ZUMBA®/ZUMBA® TONING - Zumba® combines high energy with motivating music so you won't even feel like you're exercising. We'll also add some light weights for an even greater challenge and more fun. Level 2