



YMCA OF GREATER NASHUA ACTIVE OLDER ADULT / BEGINNER CLASSES

APRIL 3RD—JUNE 25TH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:00-9:00am Yoga Flow into Yin Carol Mind Body Studio</p> <p>8:30-9:15am Aqua Fit Karen/Gen Pool</p>	<p>8:00-9:00am Beginner Yoga/Qi Gong Dennis Studio C</p> <p>8:30-9:15am Aqua Fit Karen Pool</p>	<p>8:30-9:15am Aqua Fit Nancy Pool</p>	<p>8:30-9:15am Aqua Fit Karen Pool</p>	<p>8:30-9:15am Aqua Fit Nancy Pool</p>		
<p>9:00-9:45am Aqua Fit Amy Pool</p>	<p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p>	<p>9:15-10:00am BOOM Carol Gym</p>	<p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p>	<p>9:00-9:45am Aqua Fit Amy Pool</p> <p>10:00-10:45am Aqua Stretch Gen Pool</p> <p>10:15-11:00am Qi-Gong & Strength Dennis Mind Body Studio</p>		<p>Classes & Times are subject to change.</p>
<p>10:15-11:00am SilverSneakers® Carol Gym</p> <p>10:30-11:30am Beginner Yoga / Qi Gong Dennis Studio</p>	<p>10:00-11:00am Senior Circuits Eirkiur MX4 Turf</p> <p>10:15-11:00am SilverSneakers® Leslie/Bev Gym</p> <p>10:30-11:30am Aqua Fitness Flow Brooke Pool</p> <p>10:30-11:30am Yoga Nidra Kathy Wellbeing Center</p>	<p>10:15-11:00am Aqua Intervals Amber Pool</p> <p>10:15-11:00am SilverSneakers® Carol Gym</p>	<p>10:00-11:00am Senior Circuits Eirkiur MX4 Turf</p> <p>10:30-11:15am Zumba Gold Leslie Studio A</p> <p>10:30-11:30am Aqua Fitness Flow Brooke Pool</p>	<p>10:15-11:00am SilverSneakers® Skyla Gym</p>	<p>10:45-11:45am Yoga Fit Dennis Studio C</p>	<p>Color Key for Branch Location:</p> <p>Nashua: Green</p> <p>Merrimack: Blue</p> <p>Westwood Park: Orange</p>
		<p>10:45-11:30am PAWS Dennis Studio</p>	<p>10:45-11:30am SilverSneakers® Elizabeth Gym</p>			
<p>11:00-11:45am Aqua Zumba Leslie Pool</p> <p>11:15-12:00pm SilverSneakers® Elizabeth Gym</p>	<p>11:00-11:45am Senior Strength Amy Studio</p> <p>11:15-12:00pm Zumba Gold Leslie Studio A</p>	<p>11:15-12:00pm Aqua Zumba Leslie Pool</p>	<p>11:00-11:45am Senior Strength Amy Studio</p>	<p>11:15-12:00pm Mindful Chair Yoga Ed Mind Body Studio</p>		
<p>1:00-2:00pm Senior Circuits Skyla MX4 Turf</p>		<p>1:00-2:00pm Senior Circuits Skyla MX4 Turf</p> <p>1:30-2:30pm Beginner Line Dancing Janice</p>		<p>12:45-1:30pm Aqua Zumba Leslie Pool</p>		
		<p>5:00-5:45pm Gentle Yoga Nicole Studio</p>				<p>Last Updated 5.11.23</p>
<p>7:00-8:00pm Unplug & Unwind Nicole Mind Body Studio</p>	<p>6:30-7:15pm Aqua Zumba Tee Pool</p>	<p>7:15-8:00pm Mindful Yoga Jackie Q. Studio</p>	<p>6:30-7:15pm Aqua Fit Ginger Pool</p>			

Class Descriptions

Aqua Fit: Water exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary.

Aqua Fitness Flow: Aqua cardio and strength intervals interwoven with yoga and stretching for a full body workout.

Aqua Intervals: Interval training alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits are: increased metabolism, fat burning, weight loss and improved cardio respiratory fitness.

Aqua Stretch: Water exercise that combines high- and low-intensity moves in a fun, easy-to-follow format. Get that heart rate up, then bring things back down. This class emphasizes stretching to help improve flexibility and range of motion, release trigger points and knots, and relax the body and mind.

Aqua Zumba®: Blends the Zumba philosophy with water resistance for one pool party you shouldn't miss!

Arthritis Aqua 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, restore or maintain joint range of motion, maintain or increase muscle strength, improve balance and coordination, and decrease fatigue and increase endurance.

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.

Beginner Yoga / Qi Gong: Gain strength and flexibility through the use of different postures and Qi Gong techniques.

BOOM: This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill.

Gentle Yoga: A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.

Mindful Yoga: Become stronger, more flexible, develop coordination, balance and motor skills. Relaxation techniques, deeper focus, and concentration will be experienced and will aid in becoming more grounded.

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.

Qi-Gong & Strength: Gain strength and flexibility through the use of different postures and Qi Gong techniques.

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

Senior Strength: Using a chair if you want, moving through functional exercises with minimal to no equipment necessary.

SilverSneakers®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.

Unplug & Unwind: Focuses on the meditative aspect of yoga and the union of mind and body. Longer held poses will most often feel fairly effortless and encourage stillness and activation of the parasympathetic nervous system, which naturally reduces stress in our bodies.

Yoga Flow into Yin: The first half of class is a flowing, moving yoga; the second half is dedicated to holding mat postures for a longer time, allowing the body and mind to slow down and help release tension.

Yoga Fit: Enjoy enhancing your strength, reducing stress and stretching your body in this Yoga class.

Yoga Nidra: Slow down with this yoga class meant to move you into a deep state of relaxation where the body and mind rest and the consciousness is awake.

Zumba Gold: A modified Zumba class for active older adults that re-creates the original moves you love at a lower intensity.