



YMCA OF GREATER NASHUA - NASHUA YMCA

GROUP EXERCISE SCHEDULE: APRIL 3RD — JUNE 25TH 2023

Last edited on: 5.11.23

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Group Cycling	Studio A	Valerie B.
8:00-9:00am	Yoga Flow into Yin	Mind Body Studio	Carol
9:00-9:45am	Aqua Fit	Pool	Amy
9:15-10:00am	Pilates Plus	Studio C	Carol
9:15-10:00am	Pure Step	Studio A	Sarah
10:15-11:00am	Silver Sneakers	Gym	Carol
10:15-11:00am	Group Cycling	Studio A	Mandy/Bethany
10:15-11:15am	Group Strength	Studio C	Sarah
11:00-11:45am	Aqua Zumba®	Pool	Leslie
11:15am-12:00	Yoga for Athletes	Studio A	Mandy/Bethany
11:15am-12:00	Silver Sneakers	Gym	Elizabeth
4:45-5:15pm	Express Strength	Studio C	Amber
5:30-6:30pm	Buti Yoga*	Studio C	Amber
7:00-8:00pm	Pilates Fusion*	Studio C	Meredith
7:00-8:00pm	Unplug & Unwind	Mind Body Studio	Nicole

Class days/times subject to change.
Check the My Y Connect app for the most updated information.

TUESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Group Cycling	Studio A	Valerie B.
8:00-9:00am	Beginner Yoga/ Qi Gong	Studio C	Dennis
9:15-10:15am	Strength & Mobility	Studio C	Brooke
9:30-10:30am	HIGH	Studio A	Sarah
10:15-11:00am	Silver Sneakers	Gym	Leslie/Bev
10:30-11:25am	Buti Yoga*	Studio C	Amber
10:30-11:30am	Aqua Fitness Flow	Pool	Brooke
10:30-11:30am	Yoga Nidra	Wellbeing Center	Kathy
10:35-11:00am	Stretch	Studio A	Sarah
11:15am-12:00	Zumba® Gold Toning (ends 5/2)	Studio A	Leslie
11:15am-12:00	BOOM (starts 5/9)	Gym	Bev
11:30am-12:00	Buti Bands*	Studio C	Amber
12:15-1:00pm	Octagon	Octagon	Brooke
4:15-5:15pm	Group Strength	Studio C	Michelle
5:30-6:30pm	HIGH	Studio C	Sarah
5:30-6:15pm	Barre Sculpt	Studio A	Michelle
6:30-7:30pm	Zumba® Toning	Studio A	Leslie
6:30-7:15pm	Aqua Zumba®	Pool	Tee
7:00-8:00pm	Go with the Flow Yoga	Studio C	Nicole

WEDNESDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:15-7:00am	HIGH Yo	Studio C	Jackie L.
7:00-8:00am	Group Cycling	Studio A	Liz
8:30-9:00am	Mobilize & Activate	Studio C	Brooke
9:15-10:10am	RIPPED*	Studio A	Meredith
9:15-10:00am	Pilates*	Studio C	Amber
9:15-10:00am	Octagon	Octagon	Brooke
9:15-10:00am	BOOM	Gym	Carol
10:15-11:00am	Aqua Intervals	Pool	Amber
10:15-11:15am	Yoga for You	Studio C	Brooke
10:15-10:45am	Stretch	Studio A	Meredith
10:15-11:00am	Silver Sneakers	Gym	Carol
11:15am-12:00pm	Aqua Zumba®	Pool	Leslie
5:30-6:15pm	HITT2FIT	Studio C	Laura
6:30-7:30pm	Total Body Strength	Studio C	Laura
6:30-7:30pm	Zumba® Fitness/Toning	Studio A	Tee

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Group Cycling	Studio A	Meredith
6:00-6:45am	Bootcamp	Studio C	Beth
8:00-9:00am	Yoga for You	Studio C	Brooke
9:15-10:15am	Cardio Dance*	Studio A	Leslie
9:15-10:15am	Strictly Strength	Studio C	Brooke
10:30-11:30am	Aqua Fitness Flow	Pool	Brooke
10:30-11:30am	Yoga	Studio C	Cathy
10:30-11:15am	Zumba® Gold	Studio A	Leslie
10:45-11:30am	Silver Sneakers	Gym	Elizabeth
5:30-6:25pm	Latin Rhythms	Studio A	Iraida
6:30-7:30pm	Pound	Studio A	Leslie
6:30-7:30pm	Yoga 26-2	Studio C	Christine
6:30-7:15pm	Aqua Fit	Pool	Ginger

FRIDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00-7:00am	Group Cycle & Strength	Studio A	Valerie B.
9:00-9:45am	Aqua Fit	Pool	Amy
9:15-10:15am	BodyBEAT	Studio C	Mandy
9:15-10:15am	SHiNE Dance Fitness*	Studio A	Laura
10:00-10:45am	Aqua Stretch	Pool	Gen
10:15-11:00am	Qi-Gong & Strength	Mind Body Studio	Dennis
10:15-11:00am	Silver Sneakers	Gym	Skyla
10:30-11:15am	Burnin' Bands*	Studio A	Laura
10:30-11:30am	Group Strength	Studio C	Meredith
11:15am-12:00pm	Mindful Chair Yoga	Mind Body Studio	Ed
12:45-1:30pm	Aqua Zumba®	Pool	Leslie
5:30-6:30pm	HIGH	Studio A	Sarah
5:30-6:30pm	Body Blast	Studio C	Cari/Meredith
6:35-7:00pm	Stretch	Studio A	Sarah

Color Location Key:

Black: Group Exercise Studio
Green: Mind Body Studio
Blue: Pool

*: Class also offered virtually

SATURDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:30-8:15am	Group Cycling	Studio A	Holly
8:30-9:15am	Zumba®	Studio A	Iraida
9:30-10:30am	Go with the Flow Yoga	Studio C	Nicole
9:30-10:30am	Tumbao Dance & Fitness	Studio A	Iraida
10:45-11:45am	Yoga Fit	Studio C	Dennis

SUNDAY

TIME	CLASS	LOCATION	INSTRUCTOR
8:15-8:45am	Barre Sculpt Express	Studio A	Michelle
9:00-9:50am	Cardio Strength	Studio A	Michelle
9:30-10:30am	Sunday Yoga Sampler	Studio C	Rotating Instructors
10:00-11:00am	Strength, Core & More	Studio A	Michelle
10:00-10:45am	Family Yoga	Mind Body Studio	Lauren
11:00-11:45am	Family Yoga	Mind Body Studio	Lauren
1:00-2:00pm	Yoga Dance	Studio C	Gloria

AQUA FIT: Water exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skills are necessary. Level 2

AQUA FITNESS FLOW: Aqua cardio and strength intervals interwoven with yoga and stretching for a full body workout. All levels welcome.

AQUA INTERVALS: Interval training alternates short periods of intense exercise with recovery periods. Some benefits are: increased metabolism, fat burning, weight loss and improved cardio fitness. Level 2

AQUA STRETCH: Water exercise with a focus on stretching to relax the body and mind. All levels welcome.

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. Level 2

BARRE SCULPT: A blend of bodyweight and small-weight resistance training designed to engage muscles that aren't typically challenged. Use high repetitions of small, controlled movements to strengthen and tone your entire body. No ballet experience necessary. Level 2

BARRE SCULPT EXPRESS: A 30-minute version of Barre Sculpt. Half the time, all the results. All levels

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

BODYBEAT: Bodyweight conditioning set to the beat. Leg Endurance, Cardio Core, Push Plank and a moving yoga Flow get you strong and sweaty. Level 2

BODY BLAST: A total body aerobic and strength conditioning workout. This class combines full-body strength training with high intensity cardio bursts designed to build muscular strength, boost cardiovascular endurance, and improve overall fitness. Get stronger from the inside out. Level 2

BOOM: Improves cardio fitness with easy-to-follow moves set to energizing music as well as improve strength and functional skill. Level 1

BOOTCAMP: 45 minutes of muscle strengthening combined with cardio intervals to give a kick start to your morning. Leave motivated and ready to take on the day! Can be differentiated for all fitness levels. Level 2

BURNIN' BANDS: A full body workout using resistance bands. Standing and floor exercises are set to the music to motivate you and make your workout fun. Come and feel the burn! Level 2

BUTI BANDS: Bands are utilized during high-intensity intervals to challenge the body through all planes of motion while targeting the hips and booty through lateral engagement. Level 2

BUTI YOGA: A music-driven movement methodology that incorporates dynamic yoga asana with primal movement, cardio-dance bursts & deep core conditioning. The spiral structure technique® is used to activate our deep core muscles paired with intentional shaking & vibration to release trauma and alleviate that second-day soreness. All fitness levels are welcome and modifications are encouraged as needed.

CARDIO DANCE: What better way to exercise than dance? Get your cardio in while dancing to your favorite songs. Level 2

CARDIO STRENGTH: A mixture of cardio, strength and core. Use different equipment and bodyweight exercises to get a full body workout. All fitness levels welcome. Level 2

EXPRESS STRENGTH: Improve muscular strength and enhance muscular endurance. Utilize dumbbells, resistance bands, and/or bodyweight exercises to get a full body workout in half the time. Come warmed up and ready to work. Level 2

FAMILY YOGA: This all ages yoga class incorporates song and active play alongside child-friendly yoga poses. Mats will be provided, but you are welcome to bring your own.

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. All levels

GROUP CYCLE & STRENGTH: An intense combo class that will push your body to the limit. It combines intervals of cardio with strength conditioning. You'll eventually move from your bike to the ground for the strength portion. Expect to work with dumbbells, bands, and your own bodyweight. Level 2.

GROUP STRENGTH: A barbell workout that incorporates functional strength training. Familiarity with basic lifts such as squat, lunge, deadlift, row, and clean and press is recommended. Level 2/3

HIGH: Old school aerobics meets HITT training all mashed up into a one-hour, total body workout. A steady state cardio workout with burpees and/or cardio push tracks. Have a blast physically and mentally! Leave class wanting more. Level 2

HIGH YO: A yoga inspired, music driven stretch class. This format incorporates stretching, strength and balance to improve overall health, and show what a difference stretching can make. Level 2

HIIT2FIT: Cardio and strength exercises in an interval format to get your heart pumping and your muscles working. All fitness levels welcome!

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. Level 2

MINDFUL CHAIR YOGA: Seated yoga poses promote better balance paired with mindful breathing and meditation for focus and relaxation. Level 1

MOBILIZE & ACTIVATE: 30 minutes of mobility and activation drills will warm up your muscles and joints to prepare for cardio or strength training exercise. All levels welcome

OCTAGON: A circuit class using the functional multi-purpose Octagon. Cardio, strength and fun. Level 2

PILATES: This routine will lengthen and tone your muscles, and improve strength and flexibility. It will develop your body core strength needed for everyday activities. Level 2

PILATES FUSION: A combination of strength building moves to work your body from the core out. Level 2

PILATES PLUS: Focus on the core while improving strength, length and flexibility throughout your entire body. Various props may be used to enhance and elevate the movements. Level 2

POUND: The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Level 2

PURE STEP: A choreographed routine utilizing a set of steps or moves centered on and around a rectangular platform. The platforms are 4" high, and can be adjusted by adding risers so the step becomes taller, increasing the intensity of the workout. Level 2

QI-GONG & STRENGTH: Gain strength and flexibility through the use of different postures and Qi Gong techniques are used. Level 1

R.I.P.P.E.D: Experience this total body workout utilizing resistance and cardio training that combines Resistance, Intervals, Power, Plyometrics and Endurance. Level 2

SHINE DANCE FITNESS: A high energy, easy to follow dance fitness class rooted in jazz, ballet and hip hop and designed for all dance abilities. You'll get a full body workout while dancing to the newest pop and hip hop music. Level 2

SILVERSNEAKERS®: Cardio circuit, muscular strength, range of motion, and activity for daily living skills. Perfect for our active older members. Level 1

STRENGTH, CORE & MORE: A full body strength class using dumbbells and bodyweight movements with an added emphasis on core stabilization and strength. Great for all levels.

STRENGTH & MOBILITY: Extended mobility warmup at the beginning of class, weight-bearing work and bodyweight exercises finishing with deeper held stretching. Level 2

STRETCH: 30 minutes of stretches and deep breaths to restore your muscles. All levels welcome.

STRICTLY STRENGTH: Target major muscle groups in the body - head to toe - using dumbbells, kettlebells, and bodyweight. This class will focus primarily on strengthening & conditioning muscles with the addition of cardio intervals. Level 2

TOTAL BODY STRENGTH: A full body workout with basic strength exercises to tone, sculpt and build muscle. Let the music motivate you to dig deeper and push harder

TUMBAO FITNESS & DANCE: Choreography that combines aerobic & expressive movements of dance techniques. Level 2

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 is dedicated to holding mat postures for a longer time, allowing the body and mind to slow down and help release tension All levels.

YOGA/YOGA SAMPLER: A practice focusing on flowing yoga movement, breathing and meditation. Level 2

YOGA FIT: Enjoy enhancing your strength, reducing stress and stretching your body in this class. Level 1

YOGA FOR ATHLETES: Not your typical Yoga class, so be warmed up and ready to go! Level 2/3

YOGA FOR YOU: A Kripalu lineage yoga practice that in which your breath guides your movement and held postures. A mind-body workout that will leave you feeling centered and strong. Level 2

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.

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® GOLD: Zumba Gold is for active older adults and beginners who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. Level 1/2

ZUMBA® FITNESS: Zumba® is a fusion of Latin and international music - dance themes that create a dynamic, exciting, effective fitness system. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Level 2

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

Class Level Descriptions

1 = Beginner / Basic Level

2 = All Levels. Can be modified to meet beginner needs or intermediate / advanced needs

3 = Intermediate / Advanced: Recommended for experienced participants with a strong fitness base

All classes require registration.