



ACTIVE OLDER ADULT / BEGINNER CLASSES

DECEMBER 11, 2023 — MARCH 17, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:00-9:00am Yoga Flow into Yin Carol Studio C</p> <p>8:30-9:15am Aqua Fit Karen 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>8:00-8:45am PAWS Carol Gym</p> <p>8:30-9:15am Aqua Fit Nancy Pool</p>		<p>Classes and times are subject to change.</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>9:15-10:00am Cardio Dance Light Sarah Gym</p> <p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p> <p>9:30-10:15am Aqua Fitness Flow Brooke Pool</p>	<p>9:00-9:45am Aqua Fit Amy Pool</p> <p>9:00-10:15am Gentle Cycling/ Yoga Ed Cycling Studio/Studio</p> <p>9:15-10:15am Hatha and Yin Flow Terra Studio C</p> <p>9:30-10:15am Qi-Gong & Strength Dennis Mind Body Studio</p>		
<p>9:30-10:30am Beginner Line Dancing Janice Studio</p> <p>10:30-11:15am SilverSneakers® Brooke Gym</p> <p>10:30-11:30am Beginner Yoga / Qi Gong Dennis Studio</p>	<p>10:30-11:15am SilverSneakers® Leslie Gym</p> <p>10:30-11:30am Yoga Nidra Kathy Wellbeing Center</p>	<p>10:15-11:00am Aqua Intervals Amber Pool</p> <p>10:30-11:15am SilverSneakers® Carol Gym</p>	<p>10:30-11:20am Aqua Cardio Sarah Pool</p>	<p>10:15-11:00am Aqua Fitness Flow Brooke Pool</p> <p>10:30-11:15am SilverSneakers® Sarah Gym</p> <p>10:30-11:30am Senior Circuits Skyla MX4 Turf</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® Brooke Gym</p>			
<p>11:00am- 11:50pm Aqua Zumba® Leslie Pool</p>	<p>11:15am-12:00pm Senior Strength Amy Studio</p> <p>12:15-12:45pm Aqua Rumba Iraida Pool</p> <p>12:30-1:15pm Gentle Chair Yoga Suzanne Studio</p>	<p>11:30am- 12:15pm Aqua Zumba® Leslie Pool</p>	<p>11:15am-12:00pm Senior Strength Amy Studio</p> <p>12:00-1:00 Yin Yoga Marnie Studio</p>	<p>11:15am-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 Beyond Beginner Line Dancing Janice</p>				<p>Last updated 1.1.24</p>
<p>6:30-7:30pm Rx Relax Jay Studio</p>	<p>6:35-7:20pm Aqua Zumba® Tee Pool</p>	<p>6:00-6:45pm Gentle Yoga Nicole Studio</p>	<p>7:00-7:45pm Aqua Fit Ginger Pool</p>	<p>5:45-6:45pm Hatha and Yin Flow Terra Studio</p>		

Class Descriptions

AQUA CARDIO: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility. Level 1

AQUA FIT: Water exercise, aerobics and toning at a challenging, but non-threatening pace. No swimming skill 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 RUMBA: A 30-minute dance party in the pool! A great low-impact workout that is cardio-conditioning, body-toning, and most of all, fun!

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.

BEYOND BEGINNER LINE DANCING: Designed to enhance your skills, this class is intended for those with prior line dancing experience. No partner is needed.

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.

CARDIO DANCE LIGHT: A lower impact, moderate intensity version of cardio dance. Move to the rhythm of the music in this fun, lighthearted class that offers modifications and inclusive movements for all. Level 1

GENTLE CYCLING / YOGA: A 30-minute cycle ride followed by a 30-minute yoga class. This class will give you the perfect balance of cardio, flexibility and strength.

GENTLE CHAIR YOGA: This 45-minute class includes a variety of stretching, breathing and functional strength. The instructor will lead this class with chair-based movement, but if members want to progress to floor-work, that can also be provided.

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

HATHA AND YIN FLOW: Explore various postures and breathwork designed to help achieve harmony of mind, body and spirit. Class will draw from both hatha and Yin styles of yoga.

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

PAWS: Power Agility and Weight Strengthening (PAWS). We will use dumbbells and bands to enhance your strength, as well as 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.

RX RELAX: Enjoy a unique tip-to-toes subtle yoga sequence as practiced by yogis in the Himalayas. No prior yoga experience needed.

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.

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.

All classes require registration.

Check the My Y Connect app for the most updated information.