



# Nashua Group Exercise Schedule

DECEMBER 11, 2023 — MARCH 17, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Cycle Strength Lindsay	Group Cycling Iris		Bootcamp Beth 6:00-6:45  Group Cycling Meredith W.	Cycle Strength Shannon		
7:00-8:00am			Group Cycling Liz			Group Cycling Holly 7:30-8:15	
8:00-9:00am	Yoga Flow into Yin Carol	Beginner Yoga/ Qi Gong Dennis	Mobilize & Activate Brooke 8:30-9:00	Yoga for You Brooke	PAWS Carol 8:00-8:45  Pilates Paula	Zumba® Iraida 8:30-9:20	Cycle Strength Matt 8:15-9:15
9:00-10:00am	Aqua Fit Amy 9:00-9:45  Pilates Plus Carol 9:15-10:00  Pure Step Sarah 9:15-10:15	Buti Yoga Amber 9:15-10:10  Stretch & Flow Brooke (MBS) 9:30-10:15  HIGH Sarah 9:30-10:30	Octagon Brooke 9:15-10:00  BOOM Carol 9:15-10:00  Pilates Amber 9:15-10:00  R.I.P.P.E.D. Meredith W. 9:15-10:15	Group Strength Michelle 9:15-10:15  Dance Fusion Patrice 9:15-10:15  Cardio Dance Light Sarah 9:30-10:15  Aqua Fitness Flow Brooke 9:30-10:15	Aqua Fit Amy 9:00-9:45  Bootcamp Reboot Meredith W. 9:15-10:00  Fitness Yoga Carol 9:15-10:15  SHINE Dance Fitness Laura 9:15-10:15  Qi Gong & Strength Dennis (MBS) 9:30-10:15	Saturday Sampler 9:30-10:15  Go With the Flow Nicole 9:30-10:30	Yoga Holly 9:30-10:30
10:00-11:00am	SilverSneakers® Brooke 10:30-11:15  Group Strength Sarah 10:30-11:30  NEW CLASS! Powerful Yoga Paula 10:30-11:30	Buti Bands Amber (MBS) 10:25-10:55  SilverSneakers® Leslie 10:30-11:15  Strictly Strength Brooke 10:30-11:30  Yoga Nidra Kathy (WBC) 10:30-11:30  Stretch Sarah 10:35-11:00	Aqua Intervals Amber 10:15-11:00  Yoga for You Brooke 10:15-11:15  Stretch Meredith W. 10:20-10:50  SilverSneakers® Carol 10:30-11:15	Barre Intensity® Michelle 10:30-11:15  Aqua Cardio Sarah 10:30-11:20  Yoga Cathy 10:30-11:30  SilverSneakers® Brooke 10:45-11:30	Aqua Fitness Flow Brooke 10:15-11:00  Rock Bottom Laura 10:20-10:50  Group Strength Michelle 10:30-11:30  SilverSneakers® Sarah 10:30-11:15	Yoga Fit Dennis 10:45-11:45	Family Yoga For Littles Lauren 10:45-11:30
11:00am-12:00pm	Aqua Zumba® Leslie 11:00-11:50  Stretch Sarah (MBS) 11:35-12:00	Functional Mobility Amber (MBS) 11:00-11:30	Aqua Zumba® Leslie 11:30-12:20		Mindful Chair Yoga Ed (WBC) 11:30-12:30		Family Yoga For Bigs Lauren 11:45-12:30
12:00-1:00pm		Octagon Brooke 12:00-12:45  Aqua Rumba Iraida 12:15-12:45		Octagon X Brooke 12:00-12:45			Yoga Dance Gloria 1:00-2:00pm
4:00-5:00pm	Octagon Express Amber 4:45-5:15	Express Strength Cari 4:45-5:15	Yoga Meredith M. (MBS) 4:30-5:30				
5:00-6:00pm	Buti Yoga Amber 5:30-6:30	Tumbao Dance & Fitness Iraida 5:30-6:20  HIGH Sarah 5:30-6:30	HIIT2FIT Laura 5:30-6:15	Latin Rhythms Iraida 5:30-6:20	HIGH Sarah 5:30-6:30		
6:00-7:00pm	Rx Relax Jay (WBC) 6:30-7:30  HIGH/ HIGH Yo Jackie 6:45-7:45	HIIT It Boxing (Shadowbox) Adam 6:30-7:15  Aqua Zumba® Tee 6:35-7:20	Total Body Strength Laura 6:30-7:30  Zumba®/Tone Tee 6:45-7:45	Body Blast Cari 6:15-7:15  Yoga 26&2 Christine (WBC) 6:30-7:30  HIGH Jackie 6:30-7:30	Stretch Sarah 6:35-7:00		Days and times subject to change.
7:00-8:00pm	Pilates Fusion Meredith W. 7:15-8:15	Go With the Flow Nicole		Aqua Fit Ginger 7:00-7:45			Classes are 13+
Color Location Key	Black: Studio A	Purple: Studio C	Orange: Gym	Blue: Pool	Green: Mind Body Studio/ Wellbeing Center	Red: Octagon	Last edited on 2.17.24

## Class Level Descriptions:

**AQUA CARDIO:** Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility. Level 2

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

**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. Level 2

**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! Level 2

**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 INTENSITY®:** Combining attributes of Pilates, dance and functional fitness training, this class incorporates small isolated movements to fatigue the muscles, large range motions to elevate the heart rate and sequencing that incorporates upper and lower body to make every minute count. Level 2

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

**BODY BLAST:** A total body aerobic and strength conditioning workout. Strength training combined with high-intensity cardio bursts designed to build strength, boost cardiovascular endurance and improve overall fitness. Level 2

**BOOM:** Improves cardio fitness with easy-to-follow moves set to energizing music as well as improve strength and functional skill. Level 2

**BOOT CAMP:** 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 to accommodate all fitness levels. Level 2

**BOOT CAMP REBOOT:** Old-school boot camp is back! Rounds of high-intensity plyometrics combined with intervals of strength training and sprint work. Come ready to have fun, work hard, and do your fair share of burpees. Class not suitable for beginners. Level 3

**BUTI BANDS:** Utilize bands in high-intensity intervals to challenge the body through all planes of motion, targeting the hips & 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. Level 2

**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

**CYCLE STRENGTH:** An intense combo class that will push your body to the limit. It combines intervals of cardio with strength conditioning, moving quickly between the bike and equipment on the ground. Expect to work with dumbbells, bands and your own bodyweight. Level 2

**DANCE FUSION:** A little bit of everything and a whole lot of fun! Move your body to a variety of genres, including Afrobeats, Latin, reggae, and hip hop. Embrace your creative expression and flow to the music in a way that makes you happy. All levels welcome

**EXPRESS STRENGTH:** Improve muscular strength and enhance endurance in this 30-minute strength training class. Utilize dumbbells, resistance bands and/or bodyweight exercises to get a full body workout in half the time. Please arrive warmed up and ready to work. Level 2

**FAMILY YOGA FOR BIGS:** Geared toward families with children ages 7-12. Practice yoga & breath work while spending time with your family, playing games, and practicing partner poses. Mats will be provided, but feel free to bring your own. Only one registration required per family.

**FAMILY YOGA FOR LITTLES:** This yoga class, perfect for ages 1-6, incorporates song and active play alongside child-friendly yoga poses. Mats will be provided, but you are welcome to bring your own. Only one registration required per family.

**FITNESS YOGA:** Flex and flow in this active class; gain strength and improve flexibility and balance. This is an intermediate level class, but all are welcome.

**FUNCTIONAL MOBILITY:** A 30-minute class focusing on injury prevention, flexibility and post-workout recovery. Using various myofascial techniques and tools along with dynamic and static stretching, work toward relieving tension and improving overall mobility. Bring your own yoga mat and foam roller if available. All levels welcome

**GO WITH THE FLOW:** Incorporates classical Hatha yoga, static postures that are held for several breaths and vinyasa, incorporating breathing techniques and meditation. All levels welcome

**GROUP CYCLING:** An indoor cycling workout simulating hills, valleys, peaks and flat roads set to upbeat music. 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 HIIT, all mashed up into a one-hour, total body workout. A steady state cardio workout with high-impact burpees and cardio push tracks. Have a blast physically and mentally! Leave class wanting more. Level 2

**HIGH/HIGH YO:** Get your cardio and stretch all in one class. Start off with 30 minutes of HIGH fitness, a HIIT cardio aerobics class that will get your heart pumping. Then move onto the mat for 30 minutes of HIGH Yo, a music-driven stretch class, to help your muscles relax and release. All levels welcome.

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

**HIIT IT BOXING (SHADOWBOX):** A high-intensity workout with a boxing-centric mentality. Explore the technique and mentality of a boxer in combination with plyometric and weighted work. No previous boxing experience necessary. Level 2

**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. This routine will also serve as self-care and promoting overall well-being. All levels welcome

**OCTAGON/OCTAGON EXPRESS:** A circuit class using the functional, multipurpose Octagon. Level 2/3

**OCTAGON X:** Take your Octagon to the next level! Plyometrics, strength and cardio bursts all in a HIIT circuit format. This is an advanced class and is not suitable for beginners. Participants must have taken at least 5 prior Octagon classes. Level 3 **\*Please sign up for a different Octagon class if you are new to the format.\***

**PAWS:** Power Agility and Weight Strengthening (PAWS). Use dumbbells or bands to enhance your strength, and practice balance and agility movements to help in daily life activities. Level 1/2

**PILATES/PILATES PLUS:** Lengthen and tone your muscles, and improve strength and flexibility. Develop the core strength needed for everyday activities. Various props may be incorporated to enhance and elevate the movements. Level 2

**PILATES FUSION:** A combination of strength building moves to work your body from the core out. Both standing and mat work is incorporated, as you plank, squat and lunge your way to a stronger core. Level 2

**POWERFUL YOGA:** A medium-intensity class focused to build strength, balance and flexibility as it works the entire body. Ends with a guided relaxation - great for body, mind and soul. Level 2

**PURE STEP:** Step aerobics is a classic cardio workout. Step up, around and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles. Level 2

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

**R.I.P.E.D:** A total body workout utilizing resistance and cardio training that combines Resistance, Intervals, Power, Plyometrics and Endurance. Level 2/3

**ROCK BOTTOM:** Push yourself! This class focuses on form and mind to muscle connectivity to tone, lift and sculpt your lower body. Level 2.

**RxRELAX YOGA:** Enjoy a unique tip-to-toes subtle yoga sequence as practiced by yogis in the Himalayas. No prior yoga experience needed. Suitable for all levels

**SATURDAY SAMPLER:** A different class each month! Class rotates monthly, allowing members to experience new formats/instructors. Try them all! Level 2

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

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

**STRENGTH & MOBILITY:** Extended mobility warmup, 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

**STRETCH & FLOW:** Warm up, lengthen and strengthen the body through dynamic stretching & yoga postures. A great way to wake up the body & mind. Level 2

**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. Level 2

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

**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. All levels welcome

**YOGA:** Practice focusing on flowing yoga movement, breathing and meditation. 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. Level 2

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

**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 and move into a deep state of relaxation where the body and mind rest and the consciousness is awake. All levels

**ZUMBA/ZUMBA® TONING:** Combine high energy with motivating music so you won't even feel like you're exercising. Add light weights for a greater challenge. 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.