



# Merrimack Group Exercise Schedule

MARCH 18, 2024 — JUNE 16, 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Group Cycling Emma	Rise N Shine Yoga Elizabeth	Intermediate Step Joy 6:00-6:45	Rise N Shine Yoga Elizabeth	Group Cycling Liz		
8:00-9:00am	Pilates Paula  Aqua Fit Karen 8:30-9:15	Aqua Fit Karen 8:30-9:15	Aqua Fit Nancy 8:30-9:15  8:30-9:15 Core HIIT Kim	Aqua Fit Karen 8:30-9:15	Aqua Fit Nancy 8:30-9:15	Kick HIIT Heather/Cari 8:00-8:45	
9:00-10:00am	Cardio Dance Pam 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		Intermediate Step Joy 9:00-10:15	Zumba® Tee
10:00-11:00am	Beginner Yoga/QiGong Dennis 10:30-11:30	Dance Fusion Patrice 10:15-11:00	PAWS Dennis 10:45-11:30		Fitness Yoga Kim 10:30-11:30	Yoga Flow with Guided Meditation Carol 10:30-11:45	
11:00am-12:00pm		Senior Strength Amy D. 11:15-12:00		Senior Strength Amy D. 11:15-12:00			
12:00-1:00pm	Wildcard Workout Amy D. 12:00-12:45						
1:00-2:00pm			Beyond Beginner Line Dancing Janice 1:30-2:30		Bootcamp Basics Tyler 1:00-1:45		Days and times subject to change.
4:00-5:00pm			Dumbbell HIIT Jackie 4:45-5:45		Yogalates Paula 4:30-5:30		
5:00-6:00pm	UPLIFT Laura 5:30-6:20			Zumba® Marji 5:30-6:20			
6:00-7:00pm	Group Cycling Chuck  SHiNE Dance Fitness Laura 6:30-7:25	Zumba® Toning Marji	Kickbox Cardio Heather	HIIT IT Boxing (Heavybag) Adam 6:30-7:15			Classes are 13+

Color  
Location  
Key:

Black:  
Group  
Exercise  
Studio

Orange:  
Cycling  
Studio

Blue: Pool

Last edited on  
3.13.24

**Reservations are required for ALL classes.**

## **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 necessary. Level 1

**BEGINNER YOGA/QI GONG:** Gain strength & flexibility through different postures and Qi Gong techniques. Level 1

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

**CARDIO DANCE:** What a better way to exercise than dance? Get your cardio in while dancing to your favorite songs! We may add light weights for an added challenge. Level 2

**CORE HIIT:** Work your core and more utilizing a HIIT format in this quick 45-minute class to start your day. Dumbbells, medicine balls, kettlebells, stability balls and other equipment may be used. Bring your yoga mat and energy. Everyone is welcome!

**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.

**DUMBBELL HIIT:** A full-body workout incorporating interval training and strength exercises. Challenge yourself with weights, bands or your own bodyweight, as you build strength and gain muscular endurance. Class ends with an extended stretch to allow your body to relax and recover. All levels welcome.

**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. Level 2

**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

**HIIT IT BOXING (HEAVYBAG):** A high-intensity workout with a boxing-centric mentality. Explore the technique and mentality of a boxer in combination with plyometric, weighted, and heavy bag work. No previous boxing experience necessary. Class begins with an instructional portion to introduce technique and review form. Gloves and hand wraps are encouraged, but not required. 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

**KICKBOX CARDIO:** Fight for your fitness with kickboxing combos. Punch and kick your way through a total body cardio and strength session, go for a few rounds on the heavy bags, then catch your breath and stretch. This class will leave you feeling like you're ready for anything! All levels welcome.

**KICK HIIT:** Bodyweight High Intensity Interval Training (HIIT), with a focus on kickboxing techniques and combinations. This format is not only fun, but also good for your heart, joints, strength, balance and coordination. All levels welcome.

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

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

**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

**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

**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

**UPLIFT:** UPLIFT™ is a full-body workout that combines traditional strength moves with iconic music and sprinkles in some booty-shaking fun to create a unique fitness experience resulting in increased muscular strength and endurance. Equipment includes dumbbells and resistance bands. Level 2

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

**YOGALATES:** Drawing from both yoga and Pilates, this class focuses on toning the core muscles, improving flexibility, and reducing stiffness. Cultivate a powerful mind-body connection and leave feeling energized and activated. Level 2

**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

**Schedule is subject to change.**

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