


# Nashua Group Exercise Schedule

SEPTEMBER 9 — DECEMBER 1, 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 Val		
7:00-8:00am		Yoga for You Brooke 7:30-8:30 <b>NEW TIME</b> Beginner Yoga/ Qi Gong Dennis 7:45-8:45	Group Cycling Liz K.			Group Cycling Holly 7:30-8:15	
8:00-9:00am	Yoga Carol 8:00-8:50 Mobilize & Activate Brooke 8:30-9:00				PAWS Carol 8:00-8:45 Pilates Paula	Group Strength Michelle 8:15-9:15 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 Dumbbell Endurance Brooke 9:15-10:15	Strictly Strength Brooke Buti Bands Amber (MBS) 9:30-10:00 Zumba Gold® Leslie 9:30-10:15 HIGH Sarah 9:30-10:30	BOOM Carol 9:15-10:00 Pilates Amber 9:15-10:00 R.I.P.P.E.D. Meredith W. 9:15-10:15	BOOM Bev 9:15-10:00 Group Strength Michelle 9:15-10:15 Dance Fusion Patrice 9:15-10:15	Aqua Fit Amy 9:00-9:45 Fitness Yoga Carol 9:15-10:15 SHINE Dance Fitness Laura 9:15-10:15 Boot Camp Reboot Meredith W. 9:15-10:15 Chair Qi Gong & Strength Dennis (MBS) 9:30-10:15	Barre Intensity® Michelle 9:30-10:15 Vinyasa Power Yoga Lauren R. 9:30-10:30	
10:00-11:00am	Aqua Zumba® Leslie 10:30-11:15 SilverSneakers® Brooke 10:30-11:15 Cardio Strength Amalie 10:30-11:30 Mindful Yoga Aaliyah 10:30-11:30	Buti Yoga Amber 10:15-11:15 SilverSneakers® Leslie 10:30-11:15 Yoga Nidra Kathy (WBC) 10:30-11:30 Stretch Sarah 10:35-11:00	Aqua Intervals Amber 10:15-11:00 Stretch Meredith W. 10:20-10:50 SilverSneakers® Carol 10:30-11:15 Yoga for You Brooke 10:30-11:30	<b>LAST CLASS 11/14</b> Aqua Stretch Gen 10:00-10:45 Barre Intensity® Michelle 10:30-11:15 SilverSneakers® Bev 10:30-11:15 Yoga Cathy 10:30-11:30	<b>LAST CLASS 11/15</b> Aqua Stretch Gen 10:00-10:45 SilverSneakers® Sarah 10:30-11:15 UPLIFT Laura 10:30-11:30 Pure Strength Liz S. 10:30-11:30 Strength & Mobility Flow Paula (MBS) 10:30-11:30	Yoga Fit Dennis 10:45-11:45	Family Yoga for Littles Lauren Y. 10:00-10:45 Yoga Holly
11:00am-12:00pm	SilverSneakers® Leslie 11:30-12:15	Functional Mobility Amber 11:15-11:45	SilverSneakers® Sarah 11:30-12:15		Mindful Chair Yoga Ed (WBC) 11:30-12:30		Family Yoga for Bigs Lauren Y. 11:00-11:45
12:00-1:00pm		Octagon Vangie 12:00-12:45	Octagon X Brooke 12:00-12:45		Simple Circuits Laura 12:00-12:45 Aqua Zumba® Leslie 12:45-1:35		
4:00-5:00pm	Express Strength Amber 4:45-5:15						
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	Cardio Strength Nicoshia 5:30-6:15	Latin Rhythms Iraida 5:30-6:20	HIGH Sarah 5:30-6:30 Yin Yoga Marnie 5:30-6:30		
6:00-7:00pm	Rx Relax Jay (WBC) 6:30-7:30 Dumbbell HIIT/ HIGH Yo Jackie 6:30-7:30	Aqua Zumba® Tee 6:00-6:45 HIIT It Boxing (Shadowbox) Adam 6:30-7:15	Group Strength Michelle 6:30-7:30 Zumba®/Tone Tee 6:35-7:35	Aqua Fit Ginger 6:00-6:45 Yoga 26&2 Christine 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.	Yoga Flow into Yin Lauren R.					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 9.16.24

## Class Descriptions

**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 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 also emphasizes stretching to help improve flexibility and range of motion, release trigger points and knots, and relax the body and mind. All levels welcome

**AQUA ZUMBA®:** Class combines the Zumba rhythm and dance steps with a pool party. 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

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

**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 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:** 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. Level 2

**CARDIO STRENGTH:** A mixture of cardio, strength and core using different equipment and bodyweight exercises to get a full body workout. Level 2

**CHAIR QI-GONG & STRENGTH:** Gain strength and flexibility through the use of different postures and Qi Gong techniques in this modified class. 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

**DUMBBELL ENDURANCE:** Strength training incorporating dumbbells and bodyweight exercises that will tone your muscles, increase heart rate and build endurance. Level 2

**DUMBBELL HIIT/HIGH YO:** The perfect combination of strength and stretching. Start with a full-body workout incorporating interval training and strength exercises. Class may utilize weights, bands, or bodyweight to build muscular strength and endurance. Move to the mat for HIGH Yo, a music-driven stretch class, to help your muscles relax and release. 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/LITTLES:** Yoga for Bigs is geared toward families with children ages 7-12. Practice yoga & breath work while spending time with your family, playing games, and practicing partner poses. Yoga for Littles is perfect for ages 1-6, incorporates song and active play alongside child-friendly yoga poses. **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 a yoga mat and foam roller if available. 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 highly 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

**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. Level 2

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

**MINDFUL YOGA:** Become stronger and more flexible as you develop coordination, balance and motor skills through this practice. Moving through yoga postures in a mindful manner allows us to reach a deeper state of focus and concentration. All levels welcome

**MOBILIZE & ACTIVATE:** 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:** 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 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 inside out. Both standing and mat work is incorporated, as you plank, squat and lunge your way to a stronger core. Level 2

**PURE STRENGTH:** A full body class that incorporates weights and functional movement to help build muscle, improve mobility, and increase stamina. Level 2

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

**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

**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

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

**SIMPLE CIRCUITS:** A mix of basic strength, cardio, and balance exercises in a timed circuit format. Level 1/2

**STRENGTH & MOBILITY FLOW:** Extended mobility work paired with deeper stretching designed to increase range of motion, improve balance, create stability in the joints and aid in injury prevention. Engage the core and enhance balance, posture, and mindfulness through fluid movement patterns and yoga-inspired flows. 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

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

**UPLIFT:** 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

**VINYASA POWER YOGA:** Join us in this faster paced full body workout! You will move your spine in all 6 directions, gain strength/ balance/ flexibility, and open your hips and shoulders. Class moves breath to movement, so expect to sweat! All poses can be adapted to your level of intensity of choice. Level 2/3

**YIN YOGA:** Hold poses longer, giving you space to turn inward, tune into both your mind and body and stretch those rarely-used muscles. Level 1

**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 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 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 TONE:** Combine high energy with motivating music so you won't even feel like you're exercising. Add weights for a greater challenge. Level 2

**ZUMBA GOLD®:** 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 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.