


# NASHUA GROUP EXERCISE SCHEDULE

MARCH 3 — JUNE 15, 2025

	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 7:45-8:45	Group Cycling Liz K.			Group Cycling Holly 7:30-8:15	
8:00-9:00am	Rx Relax Jay  Mobilize & Activate Brooke 8:30-9:00	Beginner Yoga/ Qi Gong (MBS) Amy S.	HIIT for All Brooke 8:30-9:00	Pilates Plus Michelle 8:15-9:00	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  UPLIFT Strength Fitness Cari 8:15-9:15
9:00-10:00am	Aqua Fit Amy S. 9:00-9:45  BOOM Carol 9:15-10:00  Yoga Sculpt Aaliyah 9:15-10:15  Dumbbell Endurance Brooke 9:15-10:15	Strictly Strength Brooke  Buti Bands Amber (MBS) 9:30-10:00  BOOM Bev 9:30-10:15 COMING SOON  HIGH Sarah 9:30-10:30	Trail Walking Group Colleen (Outside) 9:00-10:00  BOOM Carol 9:15-10:00  Pilates Amber 9:15-10:00  R.I.P.P.E.D. Meredith W. 9:15-10:15	Cardio Dance Nicoshia 9:15-10:15  Group Strength Michelle 9:15-10:15  SHINE Light Laura 9:30-10:15	Aqua Fit Amy S. 9:00-9:45  Fitness Yoga Carol 9:15-10:15  Boot Camp Reboot Meredith W. 9:15-10:15  SHINE Dance Fitness Laura 9:30-10:30	SilverSneakers@ Leslie 9:30-10:15  Barre Intensity@ Michelle 9:30-10:15  Fitness Yoga Carol 9:30-10:30	Barre Pilates Fusion Michelle 9:30-10:30    Yoga Holly 9:30-10:30
10:00-11:00am	Aqua Zumba@ Leslie 10:30-11:15  SilverSneakers@ Sarah 10:30-11:15  Mindful Yoga Aaliyah 10:30-11:30  Cardio Strength Amalie 10:30-11:30	Buti Yoga Amber 10:15-11:10  Yoga Nidra Kathy (WBC) 10:30-11:30  SilverSneakers@ Sarah 10:35-11:20  Dumbbell Tone Jackie 10:45-11:45	Aqua Intervals Amber 10:15-11:00  Yoga for You Brooke 10:15-11:15  Stretch Meredith W. (MBS) 10:30-11:00  SilverSneakers@ Carol 10:30-11:15  Total Body Strength Laura 10:30-11:30	Aqua Cardio Dance Laura 10:30-11:15  Barre Intensity@ Michelle 10:30-11:15  SilverSneakers@ Leslie/Bev 10:30-11:15  Chair Qi Gong & Yoga Dennis (MBS) 10:30-11:15  Yoga Cathy 10:30-11:30	SilverSneakers@ Brooke 10:30-11:15  Group Strength Sarah 10:30-11:30  Strength & Mobility Flow Paula (MBS) 10:30-11:30  UPLIFT Strength Fitness Laura 10:45-11:45	POUND Leslie 10:30-11:30    Yoga Fit Dennis 10:45-11:45	Family Yoga for Littles Lauren Y. 10:45-11:30
11:00am-12:00pm	SilverSneakers@ Leslie 11:30-12:15	Functional Mobility Amber 11:15-11:45	Silver Cardio & Tone Sarah 11:30-12:15  Stretch & Recover Laura 11:35-12:00		Mindful Chair Yoga Ed (WBC) 11:30-12:30		Family Yoga for Bigs Lauren Y. 11:45-12:30
12:00-1:00pm	Simple Circuits Betsy 12:00-12:45	Simple Circuits Betsy 12:00-12:45  Octagon Vangie 12:00-12:45		Octagon Vangie 12:00-12:45	Simple Circuits Betsy 12:00-12:45  Aqua Zumba@ Leslie 12:45-1:30		
4:00-5:00pm	Express Barre Amber 4:00-4:30  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/Cari 5:30-6:15	Latin Rhythms Iraida 5:30-6:20	HIGH Sarah 5:30-6:30  Yin Yoga Marnie 5:30-6:30		Days and times subject to change.
6:00-7:00pm		Aqua Zumba@ Tee 6:00-6:40  Dumbbell HIIT/ HIGH Yo Jackie 6:30-7:30  Yoga Flow into Yin Lauren R. 6:45-7:45	Group Strength Michelle 6:30-7:30  Zumba@/Tone Tee 6:35-7:35	Aqua Fit Ginger 6:00-6:40  HIGH Jackie 6:30-7:30  Yoga 26&2 Christine 6:30-7:30	Stretch Sarah 6:35-7:00		Reservations are REQUIRED for all classes.
7:00-8:00pm	Barre Blast Kara  Pilates Fusion Meredith W.						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 3.30.25

## Class Level Descriptions

**AQUA CARDIO DANCE:** A water workout that features easy-to-follow dance movements set to upbeat, energetic music. Improve cardio endurance and agility without the impact of land-based dance movements. 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 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 BLAST/EXPRESS BARRE:** Barre incorporates movement from ballet, Pilates and functional movement training to increase muscular endurance and improve mobility and flexibility. This low-to-moderate-impact sculpting class focuses on balance, core development, muscle isolations and overall body control. All levels welcome

**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

**BARRE PILATES FUSION:** Pilates, ballet and functional fitness are combined to achieve the perfect balance of strength, mobility and stability. We incorporate small isolated movements to fatigue the muscles, large range motions to elevate the heart rate and sequencing to music 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 improving 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! Level 2

**BOOTCAMP 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

**DUMBBELL ENDURANCE:** Strength training incorporating dumbbells and bodyweight exercises that will tone your muscles, increase heart rate and build endurance. Level 2/3

**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

**DUMBBELL TONE:** A full-body workout incorporating basic strength training exercises. Use dumbbells and bodyweight to tone and sculpt muscles, plus extended stretching to promote recovery. Level 2

**EXPRESS STRENGTH:** Improve muscular strength and enhance endurance in this 30-minute strength training class. 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 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 lifts such as squat, lunge, deadlift, row, and clean and press 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 FOR ALL:** Timed intervals of low-impact but high-intensity exercises that will improve your cardiovascular health and are friendly to your joints. Level 1/2

**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:** Develop coordination, balance and motor skills in this practice. Move through postures in a mindful manner 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. All levels welcome

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

**PAWS:** Power, agility and weight strengthening (PAWS). Use dumbbells and bands to enhance bone and muscle strength and practice agility movements to help in daily activities. Level 1/2

**PILATES/PILATES PLUS/PILATES FUSION:** 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

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

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

**R&RELAX YOGA:** Enjoy a unique tip-toes subtle yoga sequence as practiced by yogis in the Himalayas. No prior yoga experience needed. All levels welcome

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

**SHINE LIGHT:** A branch of SHINE Dance Fitness specializing in low impact and simplified choreography with a focus on stability and safe ranges of motion. Level 1

**SILVER CARDIO & TONE:** A lower impact, moderate intensity class that combines aerobics, resistance training and toning. Offers modifications and inclusive movements for all. Level 1

**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/STRETCH & RECOVER:** Focus on held stretches and deep breaths to restore your muscles. All levels welcome

**STRICTLY STRENGTH:** Target major muscle groups using dumbbells, kettlebells and bodyweight. This class will focus 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. Level 2

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

**UPLIFT STRENGTH FITNESS:** 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

**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 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 welcome

**YOGA SCULPT:** A yoga-inspired class utilizing weights, core strength and conditioning. Get your heart pumping while connecting movements with breath. Class will flow through a series of yoga sequences, with the addition of weighted movements to increase the level of challenge. Leave feeling strong and energized! Level 2

**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

## 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.