

ACTIVE OLDER ADULT / BEGINNER CLASSES

MARCH 3 — JUNE 15, 2025



Color Key for Branch Location:

Nashua: Green

Merrimack: Blue

Westwood Park: Orange

Classes and times are subject to change.

Last updated 3.30.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:00-9:00am Rx Relax Jay Studio C</p> <p>8:30-9:15am Aqua Fit Karen/Deb Pool</p>	<p>8:00-9:00am Beginner Yoga/Qi Gong Amy S. Mind Body Studio</p> <p>8:00-9:00am Gentle Yoga Paula Studio</p> <p>8:30-9:15am Aqua Fit Karen Pool</p>	<p>8:30-9:15am Aqua Fit Deb 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 Gen Pool</p>		
<p>9:00-9:45am Aqua Fit Amy S. Pool</p> <p>9:15-10:00am BOOM Carol Gym</p> <p>STARTS 4/21 9:30-10:15am Arthritis Aqua Fitness Gen Pool</p>	<p>COMING SOON 9:30-10:15am BOOM Bev Gym</p> <p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p>	<p>9:15-10:00am BOOM Carol Gym</p>	<p>9:30-10:15am SHiNE Light Laura Gym</p> <p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p>	<p>9:00-9:45am Aqua Fit Amy S. Pool</p> <p>9:15-10:30am Gentle Cycling/ Yoga Ed Cycling Studio/Studio</p> <p>9:30-10:15am Water Barre Amy L. Pool</p>	<p>NEW CLASS 9:30-10:15 SilverSneakers® Leslie Gym</p>	
<p>9:30-10:30am Beginner Line Dancing Janice Studio</p> <p>10:30-11:15am SilverSneakers® Sarah Gym</p> <p>10:30-11:15am Aqua Zumba® Leslie Pool</p> <p>10:30-11:30am Beginner Yoga / Qi Gong Dennis Studio</p>	<p>10:35-11:20am SilverSneakers® Sarah 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>10:45-11:30am PAWS Dennis Studio</p>	<p>10:30-11:15am Aqua Cardio Dance Laura Pool</p> <p>10:30-11:15am SilverSneakers® Leslie/Bev Gym</p> <p>10:30-11:15 Chair Qi Gong & Strength Dennis Mind Body Studio</p>	<p>10:30-11:15am SilverSneakers® Brooke Gym</p> <p>10:45-11:45am Senior Circuits Jen MX4 Turf</p>	<p>10:45-11:45am Yoga Fit Dennis Studio C</p>	
	<p>11:00-11:45am SilverSneakers® Melissa Studio</p>	<p>11:00-11:45am SilverSneakers® Melissa Studio</p>	<p>11:00-11:45am SilverSneakers® Melissa Studio</p>			
<p>11:30am-12:15pm SilverSneakers® Leslie Gym</p> <p>12:00-12:45pm Simple Circuits Betsy Studio A</p>	<p>11:15am-12:00pm Senior Strength Amy D. Studio</p> <p>12:00-12:45pm Simple Circuits Betsy Studio C</p> <p>12:30-1:15pm Gentle Chair Yoga Paula Studio</p>	<p>11:30am-12:15pm Silver Cardio & Tone Sarah Gym</p>	<p>11:15am-12:00pm Senior Strength Amy D. Studio</p> <p>12:00-1:00 Yin Yoga Marnie Studio</p>	<p>11:30am-12:30pm Mindful Chair Yoga Ed Wellbeing Center</p> <p>12:00-12:45pm Simple Circuits Betsy Studio C</p>		
<p>1:00-2:00pm Senior Circuits Skyla MX4 Turf</p>	<p>1:15-2:15pm Senior Circuits Sabrina MX4 Turf</p>	<p>1:00-2:00pm Senior Circuits Skyla MX4 Turf</p> <p>1:30-2:30pm Beyond Beginner Line Dancing Pam</p>		<p>12:45-1:30pm Aqua Zumba Leslie Pool</p>		
	<p>6:00-6:40pm Aqua Zumba® Tee Pool</p>		<p>6:00-6:40pm Aqua Fit Ginger Pool</p>	<p>5:30-6:30 Yin Yoga Marnie Studio C</p>		

Class Descriptions

AQUA CARDIO DANCE: A water workout that features easy-to-follow dance moves set to upbeat, energetic music. Improve cardio endurance and agility without the impact of land-based dance movements.

AQUA FIT: Water exercise, aerobics and toning at a challenging but non-threatening pace. No swimming skill are necessary.

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 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.

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

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.

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). Use dumbbells and bands to enhance your bone and muscle strength, and practice agility movements to help in daily life activities.

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.

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.

SILVER CARDIO & TONE: A lower impact, moderate intensity class that combines aerobics, resistance training and toning. Move to the music in this fun, lighthearted class that offers modifications and inclusive movements for all. Class may also use light weights for the added challenge of resistance training.

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.

SIMPLE CIRCUITS: A mix of basic strength, cardio and balance exercises in a timed circuit format.

WATER BARRE: A total body workout that incorporates movements from barre, Pilates and yoga adapted for the water. This low-impact class will help improve balance, coordination, stability, strength and overall function.

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.