



# MERRIMACK GROUP EXERCISE SCHEDULE

SEPTEMBER 8 — DECEMBER 14, 2025

|  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY                                  | SUNDAY  |
|--|--|---|--|--|---|---|---|
| 6:00-7:00am                                    | Group Cycling<br>Emma  | Rise N Shine<br>Yoga<br>Elizabeth   |  | Rise N Shine<br>Yoga<br>Elizabeth  | Group Cycling<br>Emma   |   |   |
| 8:00-9:00am                                    | Aqua Fit<br>Karen<br>8:30-9:15   | Aqua Fit<br>Karen<br>8:30-9:15  | Core HIIT<br>Kim<br>8:30-9:15<br><br>Aqua Fit<br>Nancy<br>8:30-9:15                  | Aqua Fit<br>Karen<br>8:30-9:15   | Aqua Fit<br>Nancy<br>8:30-9:15                                    | Kick HIIT<br>Heather<br>8:00-8:45         | Water Barre<br>Express<br>Amy L.<br>8:15-8:45 |
| 9:00-10:00am                                   | Cardio Dance<br>Leslie<br>9:15-10:00<br><br>Arthritis<br>Aqua Fitness<br>Gen<br>9:30-10:15 | Fitness Yoga<br>Kim<br><br>Arthritis<br>Aqua Fitness<br>Karen<br>9:30-10:15 | Strictly Strength<br>Sarah<br>9:30-10:30<br><br>Group Cycling<br>Chuck<br>9:30-10:30 | HIGH<br>Rene<br>9:15-10:15<br><br>Arthritis<br>Aqua Fitness<br>Karen<br>9:30-10:15 | Zumba®<br>Marji   | Intermediate<br>Step<br>Joy<br>9:00-10:00 | Zumba®<br>Tee<br>9:15-10:15                   |
| 10:00-11:00am                                  | Beginner Yoga/<br>Qi Gong<br>Dennis<br>10:30-11:30   | Dance Fusion<br>Nicole P.<br>10:15-11:00                                    | PAWS<br>Dennis<br>10:45-11:30  | Surge Strength<br>Rene<br>10:25-11:00  | Fitness Yoga<br>Kim<br>10:30-11:30                                |   |   |
| 11:00am-12:00pm                                |  | Senior Strength<br>Amy D.<br>11:15-12:00                                    |  | Senior Strength<br>Amy D.<br>11:15-12:00   |   |   |   |
| 12:00-1:00pm                                   | Wildcard<br>Workout<br>Amy D.<br>12:00-12:45   |   |  |  |   |   |   |
| 1:00—2:00pm                                    |  |   | Intermediate<br>Line Dancing<br>Pam<br>1:30-2:30                                     |  |   |   | Days and<br>times<br>subject<br>to change.    |
| 5:00-6:00pm                                    | Total Body<br>Strength<br>Laura<br>5:30-6:20   | UPLIFT<br>Strength Fitness<br>Iris<br>5:00-5:45                             |  |  |   |   | Reservations<br>required for<br>all classes.  |
| 6:00-7:00pm                                    | Group Cycling<br>Chuck<br><br>SHiNE Dance<br>Fitness<br>Laura<br>6:30-7:30                 | Cardio Dance<br>& Tone<br>Leslie  | Kickbox Cardio<br>Heather  | HIIT It Boxing<br>Adam<br>6:00-6:45  |   |   | Classes<br>are 13+                            |
| <b>Color</b><br><b>Location</b><br><b>Key:</b> |  |   |  |  | <b>Black:</b><br><b>Group</b><br><b>Exercise</b><br><b>Studio</b> |   |   |
|  |  |   |  |  | <b>Orange:</b><br><b>Cycling</b><br><b>Studio</b>                 |   |   |
|  |  |   |  |  | <b>Blue: Pool</b>   |   |   |
|  |  |   |  |  | Last edited on<br>10.16.25  |   |   |

## **Class Descriptions**

**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, 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

**CARDIO DANCE:** What a better way to exercise than dance? Get your cardio in while dancing to your favorite songs! Level 2

**CARDIO DANCE & TONE:** Our traditional cardio dance class with the addition of light weights to incorporate strengthening and toning techniques. 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.

**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:** 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 LINE DANCING:** Join the fun and learn the current line dances that are popular in our area! Some prior dance experience is helpful, whether it be line dancing, Zumba, or any other cardio format. 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). Use dumbbells and bands to enhance your bone and muscle strength, and practice agility movements to help in daily life activities. Additionally, class will focus on fall prevention skills and education. Level 1/2

**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

**SURGE STRENGTH:** A targeted weight training workout that will leave you feeling lean and strong. High-repetition strength tracks, using dumbbells and your own bodyweight will strengthen, shape and tone every muscle. Popular-music-driven highs and lows combined with a motivating group atmosphere will get your muscles surging to push you to your personal best. Feel the surge! 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

**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

**WATER BARRE EXPRESS:** 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. All levels welcome.

**WILDCARD WORKOUT:** A wild mix of stations, strength, cardio and fun! Level 2

**ZUMBA®:** Zumba® combines high energy with motivating music so you won't even feel like you're exercising. 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.