


ACTIVE OLDER ADULT / BEGINNER CLASSES

SEPTEMBER 8 — DECEMBER 14, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:00-9:00am Rx Relax Yoga Jay Studio C</p> <p>8:30-9:15am Aqua Fit Karen Pool</p>	<p>8:00-9:00am Beginner Yoga/Qi Gong Amy S. Studio C</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 Nancy 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 Nancy Pool</p>		 <p>8:15-8:45am Water Barre Express Amy L. Pool</p>
<p>9:00-9:45am Aqua Fit Amy S. Pool</p> <p>9:15-10:00am Silver Cardio & Tone Sarah Gym</p> <p>9:30-10:15am Arthritis Aqua Fitness Gen Pool</p>	<p>9:15-10:00am Zumba Gold® Leslie Gym</p> <p>9:30-10:15am Arthritis Aqua Fitness Karen Pool</p>	<p>9:15-10:00am BOOM Carol Gym</p>	<p>9:15-10:00am BOOM Bev 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>9:30-10:15 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>10:30-11:15am SilverSneakers® Leslie Gym</p> <p>10:30-11:30am Yoga Nidra Kathy Wellbeing Center</p>	<p>10:15-11:00am Aqua Intervals Amalie Pool</p> <p>10:30-11:15am SilverSneakers® Bev Gym</p> <p>10:45-11:30am PAWS Dennis Studio</p>	<p>10:30-11:15am Aqua Stretch Gen Pool LAST CLASS 11/13</p> <p>10:30-11:15am SilverSneakers® Betsy Gym</p> <p>10:30-11:15 Chair Qi Gong & Yoga Dennis Mind Body Studio</p>	<p>10:30-11:15am SilverSneakers® Sarah 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>Color Key for Branch Location:</p> <p>Nashua: Green</p> <p>Merrimack: Blue</p> <p>Westwood Park: Orange</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 C</p>	<p>11:15am-12:00pm Senior Strength Amy D. Studio</p> <p>11:30am-12:15pm Aqua Zumba® Leslie Pool</p> <p>12:30-1:15pm Gentle Chair Yoga Paula Studio</p>	<p>11:30am-12:15pm Silver Cardio & Tone Sarah Gym</p> <p>12:00-12:45pm Simple Circuits Betsy Studio C</p>	<p>11:15am-12:00pm Senior Strength Amy D. Studio</p> <p>11:30am-12:30pm Yoga Nidra Kathy Wellbeing Center</p> <p>12:00-1:00 Yin Yoga Marnie Studio</p>	<p>12:00-12:45pm Simple Circuits Betsy Studio C</p>		<p>Classes and times are subject to change.</p>
<p>1:00-2:00pm Senior Circuits Sabrina MX4 Turf</p>		<p>1:00-2:00pm Senior Circuits Skyla MX4 Turf</p> <p>1:30-2:30pm Intermediate Line Dancing Pam Studio</p>	<p>1:00-2:00pm Senior Circuits Sabrina MX4 Turf</p>			<p>Last updated 10.16.25</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 FIT: Water exercise, aerobics and toning at a challenging but non-threatening pace. No swimming skills necessary.

AQUA INTERVALS: Interval training alternates short periods of intense exercise with less-intense recovery periods. Proven benefits include increased metabolism, fat burning, weight loss and improved cardiorespiratory fitness.

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®: 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.

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 & YOGA: Gain strength and flexibility through the use of different postures and Qi Gong techniques in this modified class.

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 floorwork, 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.

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.

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.

RX RELAX YOGA: 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, move through functional exercises with minimal to no equipment.

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 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.

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.

ZUMBA GOLD®: Zumba Gold® is 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.

All classes require registration.

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