



MERRIMACK GROUP EXERCISE SCHEDULE

MARCH 2 — JUNE 21, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Group Cycling Emma Morning Mat Pilates Elizabeth 6:30-7:15	Rise N Shine Yoga Elizabeth	Rise N Shine Yoga Alisha	Rise N Shine Yoga Elizabeth	Group Cycling Liz		
8:00-9:00am	Aqua Fit Julie/Deb 8:30-9:15	Aqua Fit Karen 8:30-9:15	Core HIIT Kim 8:30-9:15 Aqua Fit Nancy 8:30-9:15	Aqua Fit Karen 8:30-9:15	Aqua Fit Nancy 8:30-9:15	Kick HIIT Heather 8:00-8:45	Water Barre Amy L. 8:05-8:50
9:00-10:00am	Cardio Dance Nicoshia/Marji 9:15-10:00 Arthritis Aqua Fitness Mary 9:30-10:15	Fitness Yoga Kim Arthritis Aqua Fitness Karen 9:30-10:15	Strictly Strength Sarah 9:30-10:30 Group Cycling Chuck 9:30-10:30	HIGH Rene 9:15-10:15 Arthritis Aqua Fitness Karen 9:30-10:15	Full Body HIIT Kim 9:15-10:00	Intermediate Step Joy 9:00-10:15 STARTS 3/14	Zumba® Tee 9:15-10:15
10:00-11:00am	Beginner Yoga/ Qi Gong Dennis 10:30-11:30	Dance Fusion Nicoshia 10:15-11:00	PAWS Dennis 10:45-11:30	Surge Strength Rene 10:25-11:00	Fitness Yoga Kim 10:30-11:30		Beginner Beats 101 Tee 10:30-11:30 *2nd Sunday of each month
11:00am-12:00pm		Senior Strength Amy D. 11:15-12:00		Senior Strength Amy D. 11:15-12:00			
12:00-1:00pm	Wildcard Workout Amy D. 12:00-12:45						
1:00-2:00pm			Intermediate Line Dancing Pam 1:30-2:30				Days and times subject to change.
5:00-6:00pm	UPLIFT Strength Fitness Laura 5:30-6:20	UPLIFT Strength Fitness Iris 5:00-5:45	Pilates Meredith M. 5:00-5:45	Go with the Flow Yoga Nicole F. 5:00-5:45			Reservations required for all classes.
6:00-7:00pm	Group Cycling Chuck SHiNE Dance Fitness Laura 6:30-7:30	Cardio Dance & Tone Leslie	Kickbox Cardio Heather	SHiNE Dance Fitness Katherine			Classes are 13+

Color Location Key:

Black:
 Group Exercise Studio

Orange:
 Cycling Studio

Blue: Pool

Last edited on 2.18.26

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

BEGINNER BEATS 101: A fun, judgement-free dance fitness instruction class where we break down easy-to-follow moves to international music, letting YOU embrace the rhythms, build confidence and discover your inner dance floor star. Learn to tackle those tricky moves with encouraging, step-by-step instruction. Class is geared towards beginners and those new to dance fitness classes. All levels welcome.

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: A core-focused class utilizing dumbbells and/or and body weight. Exercises are done standing and on the mat, using a HIIT (High Intensity Interval Training) format. Bring your yoga mat and energy. All levels 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

FULL BODY HIIT: Work your major muscle groups utilizing dumbbells and/or body weight, standing and on the mat, using a HIIT (High Intensity Interval Training) format. Every class will have a CORE component. Bring your mat and energy. All levels welcome.

GO WITH THE FLOW YOGA: Go with the Flow incorporates classical Hatha yoga, comprised of static postures that are held for several breaths, and vinyasa flow, incorporating breathing techniques and meditation. All levels

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

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.

MORNING MAT PILATES: This 45-minute mat class focuses on lengthening and toning the legs, abs and back to improve strength and increase flexibility. This routine will develop core strength needed for everyday activities. 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

PILATES: Lengthen and tone your muscles, improve strength, and increase flexibility. Develop core strength needed for everyday activities. Level 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

UPLIFT STRENGTH FITNESS: A full-body workout combining 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: 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

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.