

ACTIVE OLDER ADULT/BEGINNER CLASSES

JUNE 29 — SEPTEMBER 13, 2026



the

YMCA

Color Key
for Branch
Location:

Nashua:
Green

Merrimack:
Blue

Westwood
Park:
Orange

Classes
and times
are subject
to change.

Last updated
6.30.26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Gentle Slow Flow Donna Studio 8:30-9:15am Aqua Fit Julie/Deb Pool	8:00-9:00am Beginner Yoga/Qi Gong Amy S. Studio C 8:00-9:00am Gentle Yoga Meredith M. Studio 8:30-9:15am Aqua Fit Mary Pool	8:30-9:15am Aqua Fit Nancy Pool	8:30-9:15am Aqua Fit Deb Pool	8:00-8:45am PAWS Carol Gym 8:30-9:15am Aqua Fit Nancy Pool		
9:00-9:45am Aqua Fit Amy S. Pool 9:15-10:00am Silver Cardio & Tone Sarah Gym 9:30-10:15am Arthritis Aqua Fitness Mary Pool	9:30-10:15am BOOM Carol Gym 9:30-10:15am Arthritis Aqua Fitness Karen Pool	9:30-10:15am Zumba Gold® Marybeth Gym	9:30-10:15am BOOM Bev Gym 9:30-10:15am Arthritis Aqua Fitness Karen Pool	9:00-9:45am Aqua Fit Amy S. Pool 9:15-10:00 Mindful Chair Yoga Ed Wellbeing Center	9:30-10:15 SilverSneakers® Leslie Gym	
9:30-10:30am Beginner Line Dancing Janice Studio 10:30-11:15am SilverSneakers® Sarah Gym 10:30-11:15am Aqua Cardio Dance Nicoshia Pool 10:30-11:30am Beginner Yoga / Qi Gong Dennis Studio	10:30-11:15pm Aqua Cardio Mary Pool 10:30-11:15am SilverSneakers® Betsy Gym 10:30-11:30am Yoga Nidra Kathy Wellbeing Center	10:30-11:15am Aqua Intervals Amalie Pool 10:30-11:15am SilverSneakers® Marybeth Gym 10:45-11:30am PAWS Dennis Studio	10:30-11:15am Aqua Cardio Gen Pool 10:30-11:15am SilverSneakers® Bev Gym 10:30-11:15 Chair Qi Gong & Yoga Dennis Mind Body Studio	10:30-11:15am Aqua Stretch Gen Pool 10:30-11:15am SilverSneakers® Sarah Gym 10:45-11:45am Senior Circuits Jen MX4 Turf	10:45-11:45am Yoga Fit Dennis Studio C	
	11:00-11:45am SilverSneakers® Melissa Studio	11:00-11:45am SilverSneakers® Melissa Studio	11:00-11:45am SilverSneakers® Melissa Studio			
12:00-12:45pm Simple Circuits Betsy Studio C	11:15am-12:00pm Senior Strength Amy D. Studio 12:30-1:15pm Gentle Chair Yoga Donna Studio	11:30am-12:15pm Silver Cardio & Tone Sarah Gym 12:00-12:45pm Simple Circuits Betsy Studio C	11:15am-12:00pm Senior Strength Amy D. Studio 11:30am-12:30pm Yoga Nidra Kathy Wellbeing Center 12:00-1:00pm Yin Yoga Marnie Studio	12:00-12:45pm Simple Circuits Betsy Studio C 12:15-12:45pm Aqua Rumba Iraida		
1:00-2:00pm Senior Circuits Vangie MX4 Turf		1:00-2:00pm Senior Circuits Vangie MX4 Turf 1:30-2:30pm Level 2 Line Dance Pam Studio				
	6:00-6:40pm Aqua Zumba® Tee Pool		6:00-6:40pm Aqua Fit Ginger Pool	5:30-6:30pm Yin Yoga Marnie Studio C		

Class Descriptions

AQUA CARDIO: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility.

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 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 RUMBA: A 30-minute dance party in the pool! A great low-impact workout that is cardio-conditioning, body-toning, and most of all, fun!

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 emphasizes stretching to help improve flexibility and range of motion, release trigger points and knots, and relax the body and mind.

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. Members are welcome to arrive 15 minutes early for additional Reiki, yoga and Qi Gong practice.

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 SLOW FLOW: Move with intention in this gentle, all-levels class designed to help you slow down, connect, and feel grounded. Through mindful breathwork and a steady, unhurried flow, you'll explore the connection between breath and movement while building balance, mobility, and gentle strength. Each class offers accessible postures and thoughtful transitions that encourage awareness, stability, and ease in the body.

GENTLE YOGA: A more gentle version of our fitness yoga class. A slower pace and modified poses are key. Great for beginners.

LEVEL 2 LINE DANCE: Geared toward students who already know some line dance steps. Anyone doing cardio dance, Zumba or SHiNE will jump right in and learn popular line dances being done locally. Class offers different levels of dance to Top 40 and country music. Come dance with us!

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. Additionally, class will focus on fall prevention skills and education.

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.

YIN YOGA: Yin yoga focuses on holding poses for longer giving you space to turn inward, tune into both your mind and your body and stretch those rarely-used muscles.

YOGA FIT: Enjoy enhancing your strength, reducing stress and stretching your body in this yoga class. An optional 15-minute yoga, Qi Gong and Reiki practice will be offered at the conclusion of 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.