MERRIMACK GROUP EXERCISE SCHEDULE

SEPTEMBER 14 — DECEMBER 6, 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 Group Cycling Liz 7:00-8:00	Rise N Shine Yoga Elizabeth	Group Cycling Liz		
8:00-9:00am	Aqua Fit Julie/Deb 8:30-9:15	Aqua Fit Julie/Mary 8:30-9:15	Core HIIT Kim 8:30-9:15 Aqua Fit Nancy 8:30-9:15	Aqua Fit Deb 8:30-9:15	Aqua Fit Nancy 8:30-9:15	Kick HIIT Heather/Cari 8:00-8:45	
9:00-10:00am	Cardio Dance 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	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	Zumba® Tee 9:15-10:15
10:00-11:00am	Beginner Yoga/ Qi Gong Dennis 10:30-11:30	Dance Fusion Nicole P. 10:15-11:00	PAWS Dennis 10:45-11:30	Surge Strength Rene 10:25-11:00	Aqua Intervals Amalie 10:30-11:15 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						Classes are 13+
1:00—2:00pm			Level 2 Line Dance Pam 1:30-2:30				Reservations required for all classes.
4:00-5:00pm			Yoga Meredith M. 4:00-4:50				
5:00-6:00pm	Total Body Strength Laura 5:30-6:20	*UPLIFT* Strength Fitness Iris 5:00-5:45	Pilates Meredith M. 5:00-5:45				Days and times subject to change.
6:00-7:00pm	SHiNE Dance Fitness Laura 6:30-7:30	Cardio Dance & Tone Leslie	Kickbox Cardio Heather	SHiNE Dance Fitness Katherine			Check the YMCA360 app for the most updated schedule information.

Color Location Key: Black: Group Exercise Studio | Orange: Cycling Studio | Blue: Pool

Last edited on 9.2.26

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

AQUA INTERVALS: Interval training alternates short periods of intense exercise with less-intense recovery periods. Some of the proven benefits include increased metabolism, fat burning, weight loss and improved cardio respiratory fitness. Level 2

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

CARDIO STRENGTH: A mixture of cardio, strength and core using different equipment and bodyweight exercises to get a full body workout. 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.

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 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.

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!

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

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 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

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

YOGA: Practice focusing on flowing yoga movement, breathing and meditation. 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.