

NASHUA GROUP EXERCISE SCHEDULE

SEPTEMBER 14 — DECEMBER 6, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am	Strictly Strength Iris 6:00-6:45	Group Cycling Iris	HIIT Pilates Carrie	Cardio Strength Beth 6:00-6:45 Group Cycling Meredith W.	Cycle Strength Tami	Pilates Fusion Tami 7:15-8:00	
7:00-8:00am	All Out HIIT Tami 7:00-7:45			Band Beat Jackie 7:00-7:45		Group Cycling Holly 7:30-8:15	
8:00-9:00am	HIIT Pilates Carrie Mobilize & Activate Brooke 8:15-9:00	Beginner Yoga/ Qi Gong Amy S.	Yoga for You Brooke	Pilates Holly 8:05-9:00	PAWS Carol 8:00-8:45 HIIT for All Brooke 8:15-9:00	Group Strength Michelle 8:15-9:15 Zumba® Iraida 8:30-9:20	UPLIFT Strength Fitness Cari 8:15-9:15 Cycle Strength Matt 8:15-9:15
9:00-10:00am	Aqua Fit Amy S. 9:00-9:45 Silver Cardio Sarah 9:15-10:00 Dumbbell Endurance Brooke 9:15-10:15 Root & Rise Pilates Mandy 9:15-10:15	UpBeat Lift Kara 9:15-10:15 BOOM Carol 9:30-10:15 HIGH Sarah 9:30-10:30 Buti Bands Amber (MBS) 9:45-10:15	Trail Walking Colleen 9:00-10:00 R.I.P.P.E.D. Meredith W. 9:15-10:15 SHiNE Light Laura 9:30-10:15 Pilates Amber 9:30-10:15	Dumbbell Tone Jackie 9:15-10:00 Cardio Dance Nicoshia 9:15-10:15 SHiNE Light Laura 9:30-10:15 CLASS RUNS 10/1-10/29 BOOM Bev 9:30-10:15 RETURNS 11/5	Aqua Fit Amy S. 9:00-9:45 Trail Walking Adventure Erinn 9:00-10:00 Mindful Chair Yoga Ed (WBC) 9:15-10:00 Boot Camp Reboot Meredith W. 9:15-10:15 Group Strength Sarah 9:15-10:15 SHiNE Dance Fitness Laura 9:30-10:15	SilverSneakers® Leslie 9:30-10:15 Barre Intensity® Michelle 9:30-10:20 Rock Steady Yoga Flow Carol 9:30-10:30	Yoga Holly 9:30-10:30 Barre Pilates Fusion Michelle 9:30-10:30
10:00-11:00am	Aqua Cardio Dance Nicoshia 10:30-11:15 SilverSneakers® Sarah 10:30-11:15 Mindful Yoga Carol 10:30-11:30 Build & Burn Amalie 10:30-11:30	Aqua Cardio Mary 10:30-11:15 SilverSneakers® Betsy 10:30-11:15 Buti Yoga Amber 10:30-11:30 Yoga Nidra Kathy (WBC) 10:30-11:30 Dumbbell Tone Jackie 10:45-11:35	Buti Sculpt/ Hotcore Amber 10:30-10:55 Stretch 10:30-11:00 Meredith W. Aqua Rumba Iraida 10:30-11:15 SilverSneakers® Carol 10:30-11:15	Aqua Cardio Gen/Laura 10:30-11:15 SilverSneakers® Marybeth/Bev 10:30-11:15 Cardio Strength Nicoshia 10:30-11:15 Chair Qi Gong & Yoga Dennis (MBS) 10:30-11:15 Yoga Cathy 10:30-11:30	Aqua Stretch Gen/Mary 10:30-11:15 SilverSneakers® Sarah 10:30-11:15 UPLIFT Strength Fitness Laura 10:30-11:30 Mindful Flow Alisha 10:45-11:45	Mindful Chair Yoga Cheryl (MBS) 10:30-11:15 POUND Leslie 10:30-11:30 Yoga Fit Dennis 10:45-11:45	Family Yoga Holly 10:45-11:30 Balance Flow Michelle 10:45-11:30
11:00am-12:00pm		Warrior Flow Amber 11:45-12:30	Functional Mobility Amber 11:00-11:30 Silver Cardio Sarah 11:30-12:15	Yoga Nidra Kathy (WBC) 11:30-12:30			
12:00—1:00pm	Simple Circuits Betsy 12:00-12:45	Turbo Circuit Vangie 12:00-12:45	Simple Circuits Betsy 12:00-12:45		Simple Circuits Betsy 12:00-12:45 Aqua Cardio Cindy 12:15-1:00		Reservations required for all classes.
4:00-5:00pm	Express Barre Amber 4:00-4:30 Express Strength Amber 4:45-5:15	Yoga 26 & 2 Christine 4:15-5:15 10/6-11/24 Zumba® Kids Cathy C. 4:30-5:15					Classes are 13+
5:00-6:00pm	Buti Yoga Amber 5:30-6:30	Tumbao Dance & Fitness Iraida 5:30-6:20 HIGH Sarah 5:30-6:30	Cardio Strength Cari 5:30-6:15	Global Rhythms Iraida 5:30-6:20	HIGH Sarah 5:30-6:30 Yin Yoga Marnie 5:30-6:30		Days and times subject to change.
6:00-7:00pm	Yoga Nicole F. 6:45-7:45	Aqua Zumba® Tee 6:00-6:40 Dumbbell HIIT Jackie 6:30-7:20	Group Strength Michelle 6:30-7:30 Zumba® Elli 6:40-7:40	Aqua Fit Ginger 6:00-6:40 WERQ & Weights Michelle 6:30-7:25 Fitness Yoga Krystal 6:30-7:30	Stretch Sarah 6:35-7:00		Check the YMCA360 app for the most updated schedule information.
7:00-8:00pm	Barre Blast Kara	Pilates Fusion Meredith W.					Last edited on 9.29.26
Color Location Key	Black: Studio A	Purple: Studio C	Orange: Gym	Blue: Pool	Green: Mind Body Studio/ Wellbeing Center	Brown: Outside	Red: Torque/Functional Area

ALL OUT HIIT: An interval-based workout incorporating a dynamic mix of cardio blocks and work. Class is designed to build functional strength & improve cardiovascular fitness. Level 2/3

AQUA CARDIO: Use the resistance of the water to improve cardiovascular fitness, endurance and flexibility. Level 2

AQUA CARDIO DANCE/AQUA RUMBA: Join the dance party in the pool! Low impact movements set to upbeat, energetic music—cardio conditioning, body toning and fun! Level 2

AQUA FIT: Water exercise, aerobics and toning at a challenging but non-threatening pace. No swimming skills necessary. Level 2

AQUA STRETCH: Water exercise that combines high- and low-intensity moves in a fun, easy-to-follow format. This class 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®: Class combines the Zumba® rhythm and dance steps with a pool party. A fun but challenging, water-based, body-toning workout. Level 2

BALANCE FLOW: Blend elements of Tai Chi, Pilates, and yoga timed to music to strengthen the mind and body. With creative sun salutations, challenging core/back/balance training, and yoga poses to increase mobility and flexibility, this workout will leave you feeling strong and calm. Level 2

BAND BEAT: Loop. Move. Tone. Thrive. A high-energy, beat-driven resistance band workout that blends dance cardio and athletic-strength intervals into one seamless, music-powered experience aimed to tone all muscle groups and support cardiovascular health. Stronger You. Better Heart. All Beat! Bringing your own loop resistance band encouraged. All levels welcome.

BARRE BLAST/EXPRESS BARRE: Barre incorporates movement from ballet, Pilates and functional movement training to increase muscular endurance and improve mobility and flexibility. This low-to-moderate impact sculpting class focuses on balance, core development, muscle isolations and overall body control. All levels welcome.

BARRE INTENSITY®: Combining attributes of Pilates, dance and functional fitness training, this class incorporates small isolated movements to fatigue the muscles, large range motions to elevate the heart rate and sequencing that incorporates upper and lower body to make every minute count. Level 2

BARRE PILATES FUSION: Pilates, ballet and functional fitness are combined to achieve the perfect balance of strength, mobility and stability. We incorporate small isolated movements to fatigue the muscles, large range motions to elevate the heart rate and sequencing to music to make every minute count. Level 2

BEGINNER YOGA/QI GONG: Gain strength and flexibility through the use of different postures. Qi Gong techniques are used. Level 1

BOOM: Improves cardio fitness with easy-to-follow moves set to energizing music as well as improving strength and functional skill. Level 2

BUILD & BURN: Total body strength, focusing on building a strong core, powerful legs and a toned upper body. A combination of bodyweight and weighted exercises will help you build gains and sculpt muscles. Finish with a cardio burn that will keep the fire fueled long after class is over. Level 2

BUTI BANDS: Bands are used in high-intensity intervals to challenge the body through all planes of motion, targeting the hips and booty through lateral engagement. Level 2

BUTI SCULPT/HOTCORE: A hybrid fitness class that combines high-intensity interval training (HIIT) and yoga, aiming to build strength, sculpt lean muscles, and deeply engage the core through the unique Buti Yoga spiral structure technique®. Level 2

BUTI YOGA: A music-driven movement methodology that incorporates dynamic yoga asana with primal movement, cardio-dance bursts & deep core conditioning. The spiral structure technique® is used to activate our deep core muscles paired with intentional shaking & vibration to release trauma and alleviate that second-day soreness. 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

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. Level 1

CYCLE STRENGTH: An intense combo class that will push your body to the limit. It combines intervals of cardio with strength conditioning, moving quickly between the bike and equipment on the ground. Expect to work with dumbbells, bands and your own bodyweight. Level 2

DUMBBELL ENDURANCE: Strength training incorporating dumbbells and bodyweight exercises that will tone your muscles, increase heart rate and build endurance. Level 2/3

DUMBBELL HIIT: A full-body workout incorporating interval training and strength exercises. Challenge yourself with weights, bands, or your own bodyweight, as you build strength and gain muscular endurance. Class ends with an extended stretch to allow your body to relax and recover. Level 2

DUMBBELL TONE: A full body workout incorporating basic strength training exercises. Use dumbbells and bodyweight to tone and sculpt muscles, then enjoy extended stretching to promote recovery. Level 2

EXPRESS STRENGTH: Improve muscular strength and enhance endurance in this 30-minute strength training class. Please arrive warmed up and ready to work. Level 2

FAMILY YOGA: This yoga class, perfect for ages 1-6, incorporates song and active play alongside child-friendly yoga poses. Mats will be provided, but you are welcome to bring your own.

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

FUNCTIONAL MOBILITY: A 30-minute class focusing on injury prevention, flexibility and post-workout recovery. Using various myofascial techniques and tools along with dynamic and static stretching, work toward relieving tension and improving overall mobility. Bring a yoga mat and foam roller if available. All levels welcome.

GLOBAL RHYTHMS: A culturally inclusive group exercise class inspired by music and dance traditions from around the world. Participants experience a joyful, full-body workout while connecting through movement, culture, and community. All levels welcome.

GROUP CYCLING: An indoor cycling workout simulating hills, valleys, peaks and flat roads set to upbeat music. Level 2

GROUP STRENGTH: A barbell workout incorporating functional strength training. Familiarity with squat, lunge, deadlift, row, and clean and press recommended. Level 2/3

HIGH: Old school aerobics meets HIIT, all mashed up into a one-hour, total body workout. A steady state cardio workout with high-impact burpees and cardio push tracks. Have a blast physically and mentally! Leave class wanting more. Level 2

HIIT FOR ALL: Timed intervals of low-impact but high-intensity exercises that will improve your cardiovascular health and are friendly to your joints. Level 1/2

HIIT PILATES: A fusion workout combining bodyweight strength, flexibility and core stability with bursts of High-Intensity Interval Training to create an efficient, full-body exercise. Alternate between intense exercises and short periods of rest to improve cardiovascular health, increase strength and endurance, and enhance core strength and stability. Level 2

MINDFUL CHAIR YOGA: Seated yoga poses promote better balance paired with mindful breathing and meditation for focus and relaxation. Level 1

MINDFUL FLOW/MINDFUL YOGA: This 60-minute class includes stretching, flow, balance, and restorative sections, all anchored in breathwork. Move through a practice that will build strength, while leaving us feeling limber, grounded, and ready to face the day. All levels welcome.

MOBILIZE & ACTIVATE: Mobility and activation drills will warm up your muscles and joints to prepare for cardio or strength training exercise. All levels welcome.

PAWS: Power, agility and weight strengthening. Use dumbbells and bands to enhance bone and muscle strength and practice agility movements to help in daily activities. Class focuses on fall prevention skills/education. Level 1/2

PILATES/PILATES FUSION/ROOT & RISE PILATES: Lengthen and tone your muscles, and improve strength and flexibility. Develop the core strength needed for everyday activities. Various props may be incorporated to enhance and elevate the movements. Level 2

POUND: The world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Level 2

R.I.P.P.E.D.: A high intensity, total body workout utilizing resistance and cardio training that stimulates different energy systems and muscles in each segment. The "one stop body shock" - founded on the core pillars of Resistance, Intervals, Power, Plyometrics and Endurance - helps bust through plateaus, achieving maximal results in minimal time. Level 2/3

ROCK STEADY YOGA FLOW: Flow to the rhythm as you build strength, flexibility and balance in this music-driven yoga class. An upbeat, engaging practice that incorporates both standing and seated postures, as well as sun salutations. Level 2

SHINE DANCE FITNESS/SHINE LIGHT: A high-energy, easy-to-follow dance fitness class rooted in jazz, ballet and hip hop. Get a full body workout while dancing to the newest pop and hip hop music. SHINE Light focuses on low impact and simplified choreography with a focus on stability and safe ranges of motion. All levels welcome

SILVER CARDIO: A lower impact, moderate intensity class that combines aerobics, resistance training and toning. Offers modifications and inclusive movements for all. Level 1

SILVERSNEAKERS®: Cardio circuit, muscular strength, range of motion and activity for daily living skills. Perfect for active older members. Level 1

SIMPLE CIRCUITS: A mix of basic strength, cardio, and balance exercises in a timed circuit format. Level 1/2

STRETCH: Focus on flexibility, balance and relaxation, utilizing a variation of stretching, yoga and breathing meant to restore and refresh the body. All levels welcome.

STRICTLY STRENGTH: Class incorporates an array of strength training formats depending on the day, including functional bodyweight exercises & a variety of weighted moves. Level 2/3

TRAIL WALKING/TRAIL WALKING ADVENTURE: Join YMCA staff and volunteers for a scenic walk in nearby Mine Falls. Wear sturdy walking shoes and bring a water bottle. All levels

TUMBAO FITNESS & DANCE: Choreography that combines aerobic and expressive movements of dance techniques. Level 2

TURBO CIRCUIT: Non-stop, high intensity circuit training that will push you to the limit. Blast through fast-paced rounds of strength, cardio and agility drills, and feel yourself getting stronger with each rep. It's time to get TURBO-charged! Level 3

UPBEAT LIFT: Build muscle strength by combining pure strength supersets with progressive overload endurance training, isolating muscle groups and working to failure with heavy weights, then working to build endurance in drop-sets. 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

WARRIOR FLOW: A practice combining stage combat techniques with traditional yoga asanas to create a workout that improves strength, agility, flexibility, balance and self-confidence. Level 2/3

WERQ & WEIGHTS: A high energy cardio dance and strength training class set to current pop and hip-hop hits. This "party-like" class targets the entire body with fun and easy-to-follow cardio dance moves, plus full-body strength training, all in less than an hour. All levels welcome.

YIN YOGA: Hold poses longer, giving you space to turn inward, tune into both your mind and body and stretch those rarely-used muscles. Level 1

YOGA: Practice focusing on flowing yoga movement, breathing and meditation. Level 2

YOGA 26&2: A series of 26 postures and two breathing exercises. This yoga practice is an excellent way to help improve strength, balance, and flexibility. Level 2

YOGA FIT: Enjoy enhancing your strength, reducing stress and stretching your body in this yoga class. Optional 15-minute yoga, Qi Gong and Reiki practice will be offered after class. Level 1

YOGA FOR YOU: A Kripalu lineage yoga practice in which breath guides the movement and held postures. A mind body workout that will leave you feeling centered and strong. Level 2

YOGA NIDRA: Slow down and move into a deep state of relaxation where the body and mind rest and the consciousness is awake. All levels welcome.

ZUMBA®/ZUMBA GOLD®: Combine high energy with motivating music so you won't even feel like you're exercising. Zumba Gold® is lower intensity for active older adults/beginners. Level 2

ZUMBA® KIDS: Designed for ages 7-12 to dance, play and burn off energy! Kids will groove to high-energy music, learn easy-to-follow routines, and build confidence through fun movement games.

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.