

Wellness and Dance Classes  
Fall 2017

Effective September 11, 2017  
All Dance Classes will start on week of Oct 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						
7am	6:30 - 7:15am HIIT Class	7:00-8:00am	6:30 - 7:15am HIIT Class		6:30 - 7:15am HIIT Class	
8am	7:30-8:15am Circuit 45	7:15-8:15am Qigong	7:30-8:15am Circuit 45		7:30-8:15am Circuit 45	
9am		8:30-9:15am Pop Pilates		8:30-9:15am Pop Pilates	8:30-9:15 am ZUMBA	9:00-10:00 am Kickboxing
10am	9:30-10:30am Barre Class	9:30-10:30am Muscle Time	9:30-10:45 Gentle Yoga	9:30-10:30am Muscle Time	9:30-10:30am Barre Class	10:00 - 11:00am Yoga - All Levels
11am	11:00-12:00 Yogalates	11-11:45am Silver Strong	11:00 - 11:45am Silver Strong	11:15am - 12:00pm Chair Yoga	11am - 12pm LSVT Parkinson's	
12pm	12 - 12:45pm Total Body	12-12:45 Functional Movement	12-12:45pm Total Body	12-12:45 Functional Movement	12-12:45 Total Body	
1pm						
2pm		1:30-3pm Parkinson's Boxing	1:30-3:00 Parkinson's Boxing	1:30-3pm Parkinson's Boxing	1:30-3:00 Parkinson's Boxing	
3pm						
4pm	4:00-5:15pm Yoga w/Sue	3:30-4:15pm Intro Dance (Ages2-5)		4:00- 5:00pm Beginner Yoga	3:15-4:15pm Jazz (age 8-12)	
5pm		4:15-5:15pm Hip Hop (age 6-8)	4:15-5:15pm Adult Jazz		4:15-5:15pm Ballet (age 13-18)	
6pm	5:30-6:30pm ZUMBA	5:30-6:30pm Barre Class	5:30-6:30pm ZUMBA	5:30-6:30pm Barre Class		
7pm						
<b>Key</b>	Basketball	Aerobics Room	Yoga Room	Conference Room	Martial Arts Room	



Hours: Monday - Thursday 6am-7:30pm  
Friday 6am-5pm  
Saturday 8am-12pm  
Tel: 844-2801

Landing Y  
24 Venture Ave.  
Brunswick, Maine 04011 844 -2801