


Wellness Programs
Landing Y
Spring 2017

Effective April 24, 2017
With Exceptions Noted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						
7am	6:30 - 7:15am HIIT Class	7:00-8:00am Tai Chi	6:30 - 7:15am HIIT Class		6:30 - 7:15am HIIT Class	
8am	7:30-8:15am Circuit 45		7:30-8:15am Circuit 45		7:30-8:15am Circuit 45	
9am				9-10am Pilates		9:00-9:45am Kickboxing *5/6*
10am	10 - 11am Barre Class	9:30-10:30am Muscle Time	9:30-10:45 Gentle Yoga	9:30-10:30am Muscle Time	9:30-10:30am Cardio Dance PLUS	10:00 - 11:00am Yoga - All Levels
11am	11:00-12:00 Yogalates	10:30-1:00pm Mindfulness** Midcoast	11:00 - 11:45am Silver Strong	11 - 11:45am Chair Yoga 12/15	11am - 12pm LSVT Parkinson's	
12pm	12 - 12:45pm Total Body	12-12:45 Hospital Functional	12-12:45pm Total Body	12-12:45 Functional	12-12:45 Total Body	
1pm		1:30-3 pm Parkinson's Boxing		1:30-3pm Parkinson's Boxing		
2pm						
3pm						
4pm		4:00-5:15pm Yoga w/Sue		4:00- 5:00pm Beginner Yoga		
5pm	5:30-6:30 Nordic Walking on 4/24	5:30-6:30pm Barre Class	5:30-6:30pm Cardio Dance	5:30-6:30pm Barre Class		
6pm	5:30-6:30pm Cardio Dance	6-8:30pm Midfulness Mid Coast				
7pm						
Key	Basketball Court	Aerobics Room	Yoga Room	Conference Room	Martial Arts Room	

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Friday 6am-6pm
Beginning May 6th- Saturday 8am-12pm

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