



# LANDING Y ADULT FITNESS SCHEDULE

FALL 2017: UPDATED 11-21-17

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

|         | MONDAY                              | TUESDAY   | WEDNESDAY                           | THURSDAY                                 | FRIDAY                              | SATURDAY                               |
|---------|-------------------------------------|---|-------------------------------------|--|-------------------------------------|--|
| 6 a.m.  |                                     |   |                                     |  |                                     |  |
| 7 a.m.  | <b>HIIT</b><br>6:30-7:15 a.m.       |   | <b>HIIT</b><br>6:30-7:15 a.m.       |  | <b>HIIT</b><br>6:30-7:15 a.m.       |  |
| 8 a.m.  | <b>CIRCUIT 45</b><br>7:30-8:15 a.m. | <b>TAI CHI</b><br>7-8 a.m.                        | <b>CIRCUIT 45</b><br>7:30-8:15 a.m. |  | <b>CIRCUIT 45</b><br>7:30-8:15 a.m. |  |
| 9 a.m.  |                                     | <b>POP PILATES</b><br>8:30-9:15 a.m.              |                                     | <b>POP PILATES</b><br>8:30-9:15 a.m.     | <b>ZUMBA</b><br>8:30-9:15 a.m.      |  |
| 10 a.m. | <b>QIGONG</b><br>9-10 a.m.          |   | <b>BARRE</b><br>9:30-10:30          | <b>PILATES</b><br>9:15-10:15 a.m.        | <b>BARRE</b><br>9:30-10:30          | <b>KICKBOXING</b><br>9-10 a.m.         |
|         | <b>BARRE</b><br>9:30-10:30          | <b>MUSCLE TIME</b><br>9:30-10:30 a.m.             | <b>BARRE</b><br>9:30-10:30          | <b>MUSCLE TIME</b><br>9:30-10:30         | <b>VINYASA YOGA</b><br>9:30-10:45   | <b>YOGA (ALL LEVELS)</b><br>10-11 a.m. |
| 11 a.m. | <b>YOGALATES</b><br>11-Noon         | <b>EXERCISE PARKINSON'S</b><br>11-Noon            | <b>SILVER STRONG</b><br>11-11:45    | <b>CHAIR YOGA</b><br>11:00-Noon          | <b>LSVT PARKINSON'S</b><br>11-Noon  |  |
| Noon    | <b>SILVER STRONG</b><br>11-11:45    |   |                                     |  |                                     |  |
| 1 p.m.  | <b>TOTAL BODY</b><br>12-12:45       | <b>FUNCTIONAL MOVEMENT</b><br>12-12:45            | <b>TOTAL BODY</b><br>12-12:45       | <b>FUNCTIONAL MOVEMENT</b><br>12-12:45   | <b>TOTAL BODY</b><br>12-12:45       |  |
| 2 p.m.  |                                     | <b>PARKINSON'S BOXING</b><br>1:30-3 p.m.          |                                     | <b>PARKINSON'S BOXING</b><br>1:30-3 p.m. |                                     |  |
| 3 p.m.  |                                     |   |                                     |  |                                     |  |
| 4 p.m.  |                                     | <b>INTRO TO DANCE (2-5 Y/O)</b><br>3:30-4:15 p.m. |                                     |  |                                     |  |
| 5 p.m.  | <b>YOGA</b><br>4-5:15 p.m.          |   |                                     | <b>BEG. YOGA</b><br>4-5 p.m.             |                                     |  |
| 6 p.m.  | <b>ZUMBA</b><br>5:30-6:30           | <b>POP PILATES</b><br>5:30-6:30                   | <b>ZUMBA</b><br>5:30-6:30 p.m.      | <b>BARRE</b><br>5:30-6:30 p.m.           | <b>BEG. YOGA</b><br>5:30-6:30       |  |
| 7 p.m.  |                                     | <b>BARRE</b><br>5:30-6:30                         |                                     |  |                                     |  |

| KEY                   |
|-----------------------|
| <b>AEROBICS RM</b>    |
| <b>YOGA ROOM</b>      |
| <b>BOXING RM</b>      |
| <b>ADDITIONAL FEE</b> |

\*All classes are FREE for members.  
There is a \$15 drop-in fee  
for non-members and community

QUESTIONS? Call (207) 844-2801 or go to bathymca.org.

Monday-Thursday: 6 a.m. to 7:30 p.m.  
Friday: 6 a.m. to 6 p.m.  
Saturday: 8 a.m. to 1 p.m., Sunday: CLOSED

# CLASS DESCRIPTIONS

## CARDIO & STRENGTH

### BARRE (with Crista)

This is a total body workout using dance bars to strengthen, lengthen, and stretch the entire body to create a lean physique. Based on dance and Pilates formats. For all levels.

### CIRCUIT 45 (with Jess)

This class consists of cardio, strength, and intervals of abdominal work. This class is 45 minutes with a warm-up and cool down. Moves can be modified for any type of fitness level.

### FUNCTIONAL MOVEMENT (with Kelly)

Join our class and get moving! This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance your quality of life without all the stress.

### HIIT (with Jess)

High Intensity Interval Training is an enhanced form of interval training. It incorporates short periods of intense anaerobic exercise with less intense recovery periods.

### KICKBOXING (with Ida)

Kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high energy workout challenges the beginner and elite athletes alike.

### MUSCLE TIME (with Angie & Crista)

Learn different ways to work your muscles. This class may include super-sets, dynamic sets, dumb bells, body weight exercises, and stability balls. This includes a warm-up, pre and post stretch.

### POP PILATES (with Daneem)

This class infuses ab-chiseling and total body defining movements set to upbeat, popular music. This intense, mat-based workout will challenge you and take classical Pilates to the next level like you've never seen before.

### TOTAL BODY TRAINING (with Kelly)

This class blends a variety of movements to give your body a great workout! These exercises are performed in intervals to rev up your metabolism and provide a good cardio and strength workout.

### SILVER STRONG (with Crista)

This class is designed for "baby boomers" and beyond! This class features exercises and activities geared toward improving strength, balance, and flexibility. Our soundtrack is filled with your favorite tunes, and will get you up and moving. It's a great opportunity to meet new people and socialize with your friends.

### ZUMBA (with Barbara, Bea, & Ida)

This fun and easy-to-follow dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you're at a party.

## MIND & BODY

### BEGINNER YOGA (with Joe & Audrey)

This class is great for first time and advanced yoga students alike. In this class, we use yoga poses with straps, blocks, and blankets to improve overall wellness.

### CHAIR YOGA (with Sue)

Chair Yoga is a gentle form of yoga that is practiced on a chair, or using a chair as support. This class helps with balance, breathing, strength, flexibility, and overall health. Set in a relaxing environment, you will leave the class refreshed and renewed.

### PILATES (with Dennis)

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. This includes core strengthening, as well as overall fitness.

### QIGONG (with Aram & Tricia)

Qigong is an ancient Chinese form of movement, meditation, and sound healing that improves physical and emotional well-being. Learn how to connect to your body through guided imagery, meditation, and gentle movement in this class.

### TAI CHI CHUAN (with Bill)

Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, but when executed properly, it constitutes a demanding workout involving the mind as much as the body.

### VINYASA YOGA (with Melinda)

This class involves a flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga spectrum and is a great practice for anyone looking for a physical or mental challenge.

### YOGA (with Sue)

Yoga is a wonderful method of exercise that teaches us how to recognize when our body is under stress and how to counteract it. With regular practice, yoga improves strength and flexibility, quiets the mind, and helps bring balance to all areas of your life.

### YOGALATES (with Ann)

Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like yoga and nothing strengthens the core muscles better than Pilates. Together, they provide a wonderful workout.

## PARKINSON'S

### PARKINSON'S DISEASE EXERCISES (with Angie)

This Parkinson's program is intended for most\* people with Parkinson's disease and does not require participation in the LSVT program. This class is geared specifically to diminish movement challenges experienced by people with Parkinson's. Individuals with other neurological conditions are also welcome to join the class. \*Physician's approval will be required for this class. Classes are ongoing and participants may join any time.

### LSVT "BIG" GRADUATE PROGRAM (with Angie)

This evidence-based exercise program, led by LSVT-certified physical therapists from Mid Coast Hospital is intended for people with Parkinson's disease who have graduated from the LSVT program. This Parkinson's exercise program specifically uses "big" exercises to improve body movement, movement speed, balance, and quality of life. Ongoing participation in these exercises help individuals to maintain improvements made during the LSVT program.