



# LANDING Y ADULT FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

FALL 2017: UPDATED 11-14-17

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