Wellness Programs
Landing Y
Fall 2016

Effective: September 12, 2016
With Exceptions Noted

	Monday	Tuesday	Wednesday	Thursday	Friday
6am					
7am	7:30-8:15am Circuit 45	7:00-8:00am Tai Chi	7:30-8:15am Circuit 45		7:30-8:15am Circuit 45
8am					
9am		9:30-10:30am Muscle Time	9:30-10:45 Gentle Yoga	9:30-10:30am Muscle Time	9-10am Pilates
10am	10 - 11am Barre Class	10:30-1:00pm Mindfullness Midcoast Hospital	10:30-11:45am LiveStrong	10-11am Barre Class	9:30-10:30am Cardio Dance PLUS
11am	11:00-12:00 Yogalates	11-11:45am Silver Strong begin 11/7	10:30-11:45am LiveStrong	11am - 12pm LSVT Parkinson's	9:30-10:45 Yoga/ Melinda
12pm		11am -12pm Exercise Parkinson's	12-12:45pm Total Body	12-12:45 Functional Movement	11 - 11:45am Chair Yoga begin 11/4
1pm	10:30-11:45am LiveStrong	12-12:45 Functional Movement			12-12:45 Total Body
2pm	12 - 12:45pm Total Body				
3pm					
4pm	4:00- 5:15pm Yoga w/Sue				
5pm					
6pm	5:30-6:30pm Cardio Dance	5:30-6:30pm Cross Challenge	5:30-6:30pm Cardio Dance	5:30-6:30pm Cross Challenge begin 10/27	
7pm	5:30-6:30pm Beg Yoga	6-7:30pm Mindfullness Midcoast 10/25; 11/1; 11/8			
	6-8:30pm Mindfullness Midcoast Hospital				

Venue Key : Aerobics Room | Yoga Room | Conference Room

Landing Y
24 Venture Ave.
207-844-2801

Hours: Monday - Thursday 6am-7:30pm
Friday 6am-5pm
Saturday 7am-1pm