

**Beginner Yoga (Audrey & Joe Palma)** Great for first time and advanced yoga students alike, Beginner Yoga uses yoga poses with straps, blocks and blankets to improve overall wellness. Practiced in an environment of loving-kindness, gentle yoga is proven to improve breathing, flexibility, strength and focus and specifically, helps stress, anxiety, arthritis and chronic pain. The restorative aspect of this style encourages peace of mind and a greater sense of balance and relaxation.

**Barre Class (Heather Staeben)** A total body workout using the dance bars in the aerobics room. Strengthens, lengthens and stretches the entire body to create a lean physique. Based on dance/pilates formats. All levels.

**Cardio Dance (Angie Shonts/ Certified ZUMBA Instructor)** 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 are partying on.

**Cardio Dance PLUS (Angie Shonts):** Cardio Dance PLUS incorporates an invigorating 30 minutes of dance followed by 30 minutes of conditioning, strengthening and stretching. A great workout!

**Cardio X Challenge (Karen Ela)** Utilizing circuit & interval formats, this dynamic workout is designed to challenge and improve your cardiovascular and functional movement capabilities as well as boost your metabolism. A wide variety of exercises and training tools will be used to condition the entire body and each class will end with a well-deserved stretch!

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

**Circuit 45 (Jess Hinds)** The class consists of cardio and strength, intervals abdominal work. The class would last for 45 min with a warm up and a cool down. It would be for beginners and advanced levels of fitness. I can modify all the moves for any type of fitness level. I hope this helps let me know if you need more info about the class or times.

**Functional Movement (Kelly LaFountain)** This is not your typical workout and is for anyone! This class will help reverse all the negative effects of sitting for too long during the day. It is made up of gentle stretching and other exercises and movements that will help to increase your energy level, decrease stress, improve your flexibility and enhance your quality of life without all the sweat. All you need is a comfortable pair of shoes and clothes you can move freely in. Come join us to get moving more effectively in your daily activities!

**LSVT "Big" Graduate Program** 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 helps individuals to maintain improvements made during the LSVT program. **Thursday's.**

**Muscle Time (Angie Shonts)** Learn different ways to work your muscles. May include super-sets, dynamic sets, and more. Exercises may include use of dumbbells, body weight, and stability balls. This class also includes warm-up, pre and post stretch.

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

**Pilates (Dennis Kimmage)** Pilates is a system of controlled exercises, done on a mat, that blend strength and flexibility training. While many of the exercises emphasize core strengthening, the goal of Pilates is overall fitness.

**Silver Strong (Heather Staeben)** The class is designed for "baby boomers" and beyond! The class features exercises and activities geared to improve strength, balance and flexibility. The soundtrack is filled with your favorite tunes will get you up and moving. It's a great opportunity to meet new people and socialize with your friends.

**Tai Chi Chuan (Bill Milam)** Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, yet relaxed movements appear simple, fluid, and soft. In reality, it's quite challenging, and, when executed in the proper manner, constitutes a demanding workout involving the mind as much as the full body workout.

**TBT - Total Body Training (Kelly LaFountain)** This class will blend a variety of movements to give your entire body a good workout. Different levels for each exercise will be shown to allow all fitness levels to participate and get fit. The exercises will be performed in an interval format to really rev up your metabolism and provide a good cardio/strength workout. Many of the exercises will use your own body weight. To mix things up and keep it interesting and fun other tools will be used at times. Some tools will include dumbbells, resistance bands, and stability balls. There will be a warm-up and cool down in this class.

**Vinyasa Yoga (Melinda Baxter)** 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 (Sue Kelly)** Yoga is a wonderful method of exercise that teaches how to recognize when your body is under stress, as well as methods to help counteract stress. With regular practice yoga improves strength and flexibility, quiets the mind and helps bring balance to all areas of your life.

**Yogalates (Ann Kimmage)** 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.