

Program Schedule

(effective Date)

	Monday	Tuesday	Wednesday	Thursday	Friday
6am		6:00-7AM Strength & Balance	6:00-7AM Strength&balance		6:00-7:00am Strength&Bala
7am	6:30-8am USS Peralta	7:00-8:00am Tai Chi	6:30-8am USS Peralta		6:30-8am USS Peralta
8am	7:30-8:15am Circuit 45	8-9am open Gym	7:30-8:15am Circuit 45	8-9am open Gym	7:30-8:15am Circuit 45
9am	8-9am open Gym	9:00-Noon Pickleball	8-9am open Gym	9-10am Pilaties	8-9am open Gym
10am		10:30-11:30am Pre-school Yoga	9:00-Noon Pickleball	9:30-10:30 Gentle Yoga	9:00-Noon Pickleball
11am	11:00-12:00 Yogalates		10am -11:00am Muscle Time	10am -11:00am Muscle Time	9:30-10:45 Yoga/ Melinda
12pm	12-2pm Reiki	12pm - 1pm Open Gym	12pm - 1pm Open Gym	12-2pm Reiki	12pm - 1pm Open Gym
1pm		1-2pm Parent Child Martial	1-2pm Open Gym	1-2pm parent Child Martial	1:30-3pm Harpwell
2pm		2-3pm Harpwell	2-3pm Harpwell	1:45- 2:45pm Harpwell	2-3pm Harpwell
3pm	3 - 5pm Youth	3-4pm Youth Open Gym	3 - 5pm Youth Open Open Gym	3:30-4:30 Pre-school yoga	3-4pm Open Gym
4pm	Open Gym	4:00- 5:00 Yoga w/Sue	4-5pm Kids Martial Arts	4-5pm Kids Martial Arts	4:00-6:30 Pickleball
5pm	5 - 6:30pm Adult	5:30-6:30pm Beginner Yoga	4:00-6:30 Pickleball	5 - 6:30pm Adult	
6pm	5:30-6:30pm Cardio Dance	5:30-6:30pm Zero-5K	5:30-6:30pm Body Sculpt	5:30-6:30pm Zero- 5K	5:30-6:30pm Functionally Fit
7pm					

Venue Key :	Aerobics Room	Yoga Room	Gymnasium	Conference Room
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Landing Y
24 Venture Ave.
207-844-2801

Additional Fees for:
Pre-school Yoga ,
Martial Arts Reiki

Hours: Monday - Thursday
6am -7pm
Friday
6am - 5pm

Muscle Time/Early Muscle Time (Angie Shontz): 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.

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.

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.

Yogilates (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.

Reiki (Martha Spruce)

Reiki is the practice of resting the hands on or over the body with deep intention to promote relaxation and a healing response. While comfortably resting on a treatment table you may feel heat, tingling, pulses or other sensations that allow your body and mind to deeply relax. Sessions must be made in advance.

Zero to 5K (Alicia Trott) Looking to compete/finish a 5K this spring or summer? Maybe you've been a bit too sedentary this winter and need some support getting motivated, then this might be what you are seeking. An eight week, gradual program that will get you to the point that you can complete a 5 kilometer (3.1 miles).

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.

Functionally Fit (Karen Ela) This dynamic workout is designed to challenge and improve your cardiovascular fitness & functional movement capabilities. The class will utilize circuit & interval styles of training along with resistance exercises. Emphasis on safe technique & quality movement can be expected.

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.

Strength & Balance (Tara Whitton) Designed for all levels to develop muscular strength and endurance, balance, and stability. This class will utilize functional movements that engage the core and help to improve posture, and overall physique and conditioning. Primary tools used for this class will be your own body weight, free weights, resistance bands, body bar, and/or physio balls.

Cardio Dance (Angie Shontz/ 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

Body Sculpting (Robin Newell) Learn different ways to work your muscles. May include super-sets, dynamic sets, and more. Exercises may include use of bands, dumbbells, body weight exercises and stability balls. This class will also include a warm-up, pre and post stretch.

Circuit 45 (Jess Hinds) The class would consist 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.