



# LANDING Y ADULT FITNESS SCHEDULE

WINTER 2019: UPDATED 2-28-19

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.						
7 a.m.	<b>HIIT</b> 6:30-7:15 a.m.	<b>TAI CHI</b> 7-8 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> 7:20-8:05 a.m.		<b>CIRCUIT 45</b> 7:20-8:05 a.m.		<b>CIRCUIT 45</b> 7:20-8:10 a.m.	
9 a.m.		<b>POP PILATES</b> 8:30-9:30 a.m.		<b>POP PILATES</b> 8:30-9:30 a.m.		
10 a.m.	<b>QIGONG</b> 9-10 a.m.	<b>BARRE</b> 9:30-10:30	<b>BARRE</b> 9:30-10:30	<b>MAINE MUSCLES</b> 9:30-10:30	<b>BARRE</b> 9:30-10:30	<b>KICKBOXING</b> 9-10 a.m.
11 a.m.	<b>YOGALATES</b> 11-Noon	<b>EXERCISE PARKINSON'S</b> 11-Noon	<b>GENTLE YOGA</b> 9:30-10:45	<b>PILATES</b> 9:45-10:45	<b>VINYASA YOGA</b> 9:30-10:45	<b>YOGA (ALL LEVELS)</b> 10-11 a.m.
Noon	<b>SILVER STRONG</b> 11-11:45		<b>SILVER STRONG</b> 11-11:45	<b>CHAIR YOGA</b> 11-Noon	<b>LSVT PARKINSON'S</b> 11-Noon	<b>PARKINSON'S BOXING</b> 10:30 a.m. -Noon
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>HARPSWELL COASTAL</b> 12:45-1:45 p.m.	<b>PARKINSON'S BOXING</b> 1:30-3 p.m.		<b>PARKINSON'S BOXING</b> 1:30-3 p.m.	<b>HARPSWELL COASTAL</b> 12:45-1:45 p.m.	
3 p.m.				<b>SPARK DANCE PROGRAM</b> 2-3:30 p.m. (2/28-5/2)		
4 p.m.		<b>VOICE LESSONS</b> 3-5 p.m.		<b>INTRO TO DANCE (2-5 Y/O)</b> 3:30-4:15 p.m.*	<b>BEG. YOGA</b> 4-5 p.m.	
5 p.m.	<b>YOGA</b> 4-5:15 p.m.			<b>YOUTH HIP HOP (6-8 Y/O)</b> 4:15-5:15 p.m.*		
6 p.m.	<b>ZUMBA</b> 5:30-6:30	<b>BEG. YOGA</b> 5:30-6:30	<b>ZUMBA</b> 5:30-6:30 p.m.	<b>POP PILATES</b> 5:30-6:30 p.m.		
7 p.m.		<b>POP PILATES</b> 5:30-6:30				

KEY
<b>AEROBICS RM</b>
<b>YOGA ROOM</b>
<b>BOXING RM</b>
<b>ADDITIONAL FEE</b>
<b>OUTSIDE PROGRAM</b>

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

**QUESTIONS?** Contact Wellness Director Angie Shonts at (207) 844-2801 x15 or email [angie@bathymca.org](mailto:angie@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 Daneem)

This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels are welcome!

### BARRE ABOVE (with Bea)

A fusion of several disciplines, including Pilates & strengthening exercises done by dancers. This low-impact total body workout improves muscular endurance & strength, develops balance & postural alignment lengthening the body's musculature.

### CIRCUIT 45 (with Jess)

This 45-minute class consists of cardio, strength, abdominal work, and also includes a warm-up and cool down. Moves can be modified for any type of fitness level.

### FUNCTIONAL MOVEMENT (with Rebecca)

Get moving more effectively in your daily activities. This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance quality of life.

### 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 & Dan)

This group fitness class combines martial arts techniques with fast-paced cardio. This high energy workout will challenge beginners and elite athletes alike.

### MAINE MUSCLES (with Angie)

Learn different ways to work your muscles! This class includes super-sets, dynamic sets, and more. Exercises may also include dumbbells, body weight, and stability balls. This class will also include a warm-up, pre and post stretch.

### POP PILATES (with Daneem)

This class is an infusion of ab-chiseling and total body defining movements choreographed to upbeat, radio hits. This intense, mat-based workout will challenge you and take classical Pilates to the next level like you've never seen

### 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 Angie S. & Celia)

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)

This class is the perfect combo of fun and fitness! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have fun, and learn some new moves!

## MIND & BODY

### BEGINNER YOGA (with Joe & Kevin)

Great for first time and advanced yoga students alike, beginner yoga uses 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.

### MINDFUL MOBILITY (with Angie S.)

This 6-week series is for individuals living with Alzheimer's disease, dementia, or memory challenges and their care partners. This program offers gentle mobility, stretching, balance, and strength training for health and wellness. Screening may be required. Participation is confidential.

### 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)

Vinyasa is 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 & Elle)

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, and quiets the mind.

### 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 full workout that will leave you relaxed, renewed, and ready to enjoy life.

## PARKINSON'S

### EXERCISE FOR PARKINSON'S DISEASE (with Angie S.)

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. and participants may join any time.

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

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