



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
'RIDE & SHINE' SPINNING <i>with Rebecca</i> 8:15-9:15 a.m.	TAI CHI <i>with Bill</i> 7-8 a.m.	POP PILATES <i>with Daneem</i> 9-10 a.m.		'RIDE & SHINE' SPINNING <i>with Rebecca</i> 8:15-9:15 a.m.	
MAINE MUSCLES <i>with Rebecca</i> 9:45-10:45 a.m.	BARRE <i>with Daneem</i> 9:30-10:30 a.m.	GENTLE YOGA <i>with Sue</i> 9:30-10:45 a.m.	BARRE <i>with Daneem</i> 9:30-10:30 a.m.	MAINE MUSCLES <i>with Rebecca</i> 9:45-10:45 a.m.	
SILVER STRONG <i>with Celia</i> 10-10:45 a.m.	EXERCISE FOR PARKINSON'S <i>with Angie S.</i> 10-11 a.m.	MINDFUL MOBILITY *CURRENTLY FULL* <i>with Angie S.</i> 10-11 a.m.	OUTDOOR WALKING <i>with Angie S.</i> 10 a.m.-12 p.m.	SILVER STRONG <i>with Celia</i> 10-11 a.m.	
THE BALANCE CLASS <i>with Celia</i> 10:45-11:15 a.m.	YOGALATES <i>with Ann</i> 11:30 a.m.-12:30 p.m. *Beginning 9/14			THE BALANCE CLASS <i>with Celia</i> 11-11:30 a.m.	
TOTAL BODY TRAINING <i>with Kelly</i> 12-1 p.m.		TOTAL BODY TRAINING <i>with Kelly</i> 12-1 p.m.			
	ROCK STEADY BOXING (FOR PARKINSON'S) <i>with Zach, Jenna & Angie</i> 1:30-3p.m.		ROCK STEADY BOXING (FOR PARKINSON'S) <i>with Zach, Jenna & Angie</i> 1:30-3p.m.		
GENTLE YOGA <i>with Celia</i> 4-5 p.m.			POP PILATES <i>with Daneem</i> 4-5 p.m.		

KEY

- AEROBICS RM
- GYMNASIUM
- OUTDOOR
- UPSTAIRS MULTI-PURPOSE ROOM

Instructors may choose to bring classes outdoors, weather permitting.

Class descriptions can be viewed at bathymca.org/landingfitness/

*Effective 9/13/21



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CLASS DESCRIPTIONS

BARRE

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.

GENTLE YOGA

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

MAIN(E) MUSCLES

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

MINDFUL MOBILITY (currently FULL)

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.

EXERCISE FOR PARKINSON'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. Classes are ongoing and participants may join any time.

POP PILATES

An infusion of ab-chiseling and total body defining movements set to upbeat, pop hits. Take classical Pilates to the next level like you've never seen before.

RIDE & SHINE SPINNING

Start your day with an upbeat cycling workout! Group cycling is a great form of exercise that is low impact on the joints. It can be as challenging as you make it because you control the resistance of the bike, making it suitable for all levels.

ROCK STEADY BOXING

An exercise program for individuals with Parkinson's. It is a noncontact program so only our coaches take punches. We do exercises that help improve balance, strength, agility, bradykinesia, reaction time and coordination. Participants must have our physical clearance form filled out and signed.

SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

THE BALANCE CLASS

Designed to help you become stronger and improve balance, focusing on strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all levels.

TOTAL BODY TRAINING

This class will blend a variety of movements to give your entire body a great workout! The exercises are performed in intervals to rev up your metabolism, providing a good cardio/strength workout. Various equipment will be used. Warm ups and cool downs are included.

Don't forget to join our Facebook group at [bathymca.org/virtual](https://www.bathymca.org/virtual) to access more classes from home! Facebook live videos will stay up for 24 hours before they are taken down. All videos will be uploaded to YouTube except for Pop Pilates and Zumba due to copyright.