



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TAI CHI with Bill 7-8 a.m.				
		POP PILATES with Daneem 9-10 a.m.	YOQI* with Dennis 9-10 a.m. *Starting Jan. 26		
MAINE MUSCLES with Rebecca 9:45-10:45 a.m.	BARRE with Daneem 9:30-10:30 a.m.	GENTLE YOGA with Sue 9:30-10:45 a.m.	BARRE with Daneem 9:30-10:30 a.m.	MAINE MUSCLES with Rebecca 9:45-10:45 a.m.	
SILVER STRONG with Celia 10-10:45 a.m.	EXERCISE FOR PARKINSON'S with Angie S. 10-11 a.m.	MINDFUL MOBILITY *CURRENTLY FULL* with Angie S. 10-11 a.m.	SNOWSHOEING* (Weather Permitting) with Angie S. 11 a.m.-12:30 p.m. *Meet at Mere Creek Golf Club, 41 Merriconeag Rd.	SILVER STRONG with Celia 10-11 a.m.	
THE BALANCE CLASS with Celia 10:45-11:15 a.m.	YOGALATES with Ann 11:30 a.m.-12:30 p.m.			THE BALANCE CLASS with Celia 11-11:30 a.m.	
TOTAL BODY TRAINING with Kelly 12-1 p.m.		TOTAL BODY TRAINING with Kelly 12-1 p.m.			
	ROCK STEADY BOXING (FOR PARKINSON'S) with Zach, Jenna & Angie 1:30-2 p.m.		ROCK STEADY BOXING (FOR PARKINSON'S) with Zach, Jenna & Angie 1:30-2 p.m.		
GENTLE YOGA with Celia 4-5 p.m.			POP PILATES with Daneem 4-5 p.m.		

KEY
YOGA ROOM
AEROBICS ROOM
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 1/10/22



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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. All levels are welcome!

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. Clas-

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.

ROCK STEADY BOXING

An exercise program for individuals with Parkinson's. Non-contact 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.

SNOWSHOEING*

Bring your own snowshoes and meet at Mere Creek Golf Club, 41 Merriconeag Rd. for a fun guided snowshoe trek. Email angie@bathymca.org for more info. *Weather permitting.

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.

YOGALATES

In the Yogalates class, 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 leaves you relaxed, renewed, and ready to enjoy life.

YOQI: Yoga + Qigong

This class combines two ancient, complementary practices for health and longevity: the static postures of yoga to build strength and flexibility, along with the gentle, flowing movements of qigong to enhance suppleness and agility. A wonderful way to renew energy, transform stress, and clear the mind.

Don't forget to join our Facebook group at [bathymca.org/virtual](https://www.facebook.com/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.