



LANDING YMCA FITNESS CLASS SCHEDULE

Fitness classes are
FREE with membership!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
POP PILATES <i>with Daneem</i> 9-10 a.m.	TAI CHI <i>with Bill</i> 7-8 a.m.				
MAINE MUSCLES <i>with Rebecca</i> 9:45-10:45 a.m.		POP PILATES <i>with Daneem</i> 9-10 a.m.	YOQI <i>with Dennis</i> 9-10 a.m.	POP PILATES <i>*Virtual* with Daneem</i> 9-10 a.m.	PUMPED UP STRENGTH <i>with Daneem</i> 10-11 a.m.
SENIOR STRONG <i>with Carol/Molly</i> 10-10:45 a.m.	BARRE <i>with Daneem</i> 9-10 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.	GENTLE YOGA <i>with Marie</i> 11:15 a.m.-12:15 p.m.
NEW! THE STROLLER SQUAD <i>with Amber</i> 10:30-11:30 a.m.	EXERCISE FOR PARKINSON'S <i>with Angie S./Carol</i> 10-11 a.m.	TIME CHANGE MINDFUL MOBILITY <i>with Angie S./Carol</i> 10:45-11:45 a.m.	CHAIR YOGA <i>with Maria</i> 11 a.m.-12 p.m.	SENIOR STRONG <i>with Carol/Molly</i> 10-11 a.m.	
THE BALANCE CLASS <i>with Carol/Molly</i> 10:45-11:15 a.m.	NEW! DANCEABILITY <i>with Michaela</i> 10:15-11:30 a.m. <i>Meet at the Landing</i>	PREVENT T2 <i>*Registration Required*</i> <i>with Angie S. & Robin</i> 11 a.m.-12 p.m.	OUTDOOR WALKING <i>with Angie S.</i> 11 a.m.-12 p.m. <i>Meet at the Landing</i>	THE BALANCE CLASS <i>with Carol/Molly</i> 11-11:30 a.m.	KEY
TOTAL BODY TRAINING <i>with Kelly</i> 12-1 p.m.	OUTDOOR WALKING <i>with Angie S.</i> · 11 a.m.-12 p.m.			OUTDOOR WALKING <i>"Fast Fridays" with Amber</i> 11 a.m.-12 p.m. <i>Meet at the Landing</i>	YOGA ROOM
	FUNCTIONAL MOVEMENT <i>with Rebecca</i> 12-1 p.m.	TOTAL BODY TRAINING <i>with Kelly</i> 12-1 p.m.	FUNCTIONAL MOVEMENT <i>with Rebecca</i> 12-1 p.m.		AEROBICS ROOM
	ROCK STEADY BOXING (FOR PARKINSON'S) <i>with Morgan, Jenna & Sarah</i> 1:30-3 p.m.		ROCK STEADY BOXING (FOR PARKINSON'S) <i>with Morgan, Jenna & Sarah</i> 1:30-3 p.m.		GYMNASIUM
PUMPED UP STRENGTH <i>*Virtual* with Daneem</i> 4-5 p.m.	NEW! "FEEL THE BEAT" LINE DANCING <i>with Angie S.</i> 5-5:30 p.m.			GENTLE YOGA <i>*Virtual*</i> 4-5 p.m.	OUTDOOR
VINYASA YOGA <i>with Marie</i> 5:30-6:30 p.m.	NEW! HAPPY HOUR CIRCUIT <i>with Jimmy</i> 5:30-6:30 p.m.	PUMPED UP STRENGTH <i>with Daneem</i> 5:30-6:30 p.m.	NEW! HAPPY HOUR CIRCUIT <i>with Jimmy</i> 5:30-6:30 p.m.		UPSTAIRS MULTI-PURPOSE ROOM

Instructors may choose to bring classes outdoors, weather permitting. All classes at both facilities are free for members!
Class schedules are available at www.bathymca.org/schedules

Updated 11/3/23



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. For all levels!

DANCEABILITY NEW!

This Danceability is a dance form designed to be accessible to EVERYONE! This inclusive class for people with and without disabilities is a chance to move in a way that feels good to you while learning how to improvise.

EXERCISE FOR PARKINSON'S

This class is intended for most* people with Parkinson's and does not require participation in the LSVT program. It is geared specifically to diminish movement challenges experienced by people with Parkinson's Disease. 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.

"FEEL THE BEAT" LINE DANCING NEW!

Come join in the fun and learn all the latest line dances at weddings and parties! We will do each line dance for 4 classes. Have a great time and get a workout while gaining more confidence for social dancing!

FUNCTIONAL MOVEMENT

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.

HAPPY HOUR CIRCUIT NEW!

Wrap up your work day with this circuit style class that is designed to help burn fat, build/ improve strength, muscular endurance, endurance, balance and flexibility. This is a total body workout, which includes a warm-up, dynamic stretching, cool down and post workout stretch.

MINDFUL MOBILITY (Now accepting new participants!)

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.

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.

OUTDOOR WALKING

Meet at the Landing for an invigorating outdoor group walk. Enjoy the fresh air and companionship while getting great cardiovascular exercise. Fridays are "Fast Paced Fridays" and the walk is at a higher intensity than other days.

PREVENT T2 *Preregistration required.*

This small-group, classroom-based program helps people with prediabetes eat healthier and increase their physical activity, which can delay or even prevent the onset of type 2 diabetes.

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!

PUMPED UP STRENGTH

This class uses weights and combination movement patterns to dynamically integrate your upper and lower body for a fun, total body workout. We combine both strength and cardio, rev up your metabolism, and train your body in a whole new way!

ROCK STEADY BOXING

An exercise program for individuals with Parkinson's. Rock Steady Boxing is noncontact 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.

SENIOR STRONG (Formerly Silver Strong)

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility. *New name, same class!*

THE STROLLER SQUAD

Bring your babies and tots on a walk around the Landing. This class is a terrific way to get exercise while meeting new friends and connecting with other parents!

TAI CHI

A set of linked poses to enhance balance, fitness, and longevity. It's highly dynamic, but constitutes a demanding workout involving the mind as much as the body.

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. Warm ups and cool downs included.

ZUMBA

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

YOGA CLASSES:

GENTLE YOGA

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

VINYASA YOGA

A flow yoga class that focuses on breathing and sun salutation variations. It is a more vigorous yoga experience that is a great practice for anyone looking for a physical or mental challenge.

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 and clear the mind.

Access free virtual fitness classes at www.YMCA360.org - included with your membership!