



LANDING YMCA FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FIT FORCE
with Jimmy
6:30 - 7:30am

TAI CHI
with Bill
7 - 8am

BARRE
with Daneem
9 - 10am

**EXERCISE FOR
PARKINSON'S**
with Molly
10 - 11am

DANCEABILITY
with Michaela
10:15 - 11:30am

**THE BALANCE
CLASS**
with Molly
11 - 11:30am

**WALK WITH
EASE**
with Angie
11 - 12pm

TOTAL BODY TRAINING
with Daneem
12 - 1pm

FUNCTIONAL MOVEMENT
with Rebecca
12 - 1pm

**ROCK STEADY BOXING
(FOR PARKINSON'S)**
with Mariah, Bob, & Stephen
1:30 - 3pm

ZUMBA
with Ida
5:30 - 6:30pm

VINYASA YOGA
with Sheila
5:30 - 6:30PM

FIT FORCE
with Jimmy
6:30 - 7:30am

YOQI
with Dennis
9 - 10am

BARRE
with Daneem
9:30 - 10:30am

CHAIR YOGA
with Carol
11 - 12am

FUNCTIONAL MOVEMENT
with Rebecca
12 - 1pm

**ROCK STEADY BOXING
(FOR PARKINSON'S)**
with Mariah & Bob
1:30 - 3pm

PUMPED UP STRENGTH
with Daneem
5:30 - 6:30pm

GROOV3
with Daneem
8:30-9:30am

MAINE MUSCLES
with Rebecca
9:45 - 10:45am

FOREVER FIT
with Molly
10 - 11am

**THE BALANCE
CLASS**
with Molly
11 - 11:30am

**PUMPED UP
STRENGTH**
with Daneem
10 - 11am

GENTLE YOGA
With Sheila
11:15 - 12:15pm

KEY

YOGA ROOM

AEROBICS ROOM

GYMNASIUM

FITNESS ROOM

OUTDOOR

Fitness classes are **FREE** with membership



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!

DANCEABILITY

Danceability is a dance form designed to be accessible to EVERYONE! This inclusive class is a chance to move in a way that feels good to you while learning how to improvise.

EXERCISE FOR PARKINSON'S

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. Classes are ongoing and participants may join any time.

FOREVER FIT (Formerly SENIOR STRONG)

A complete body workout for active older adults. We use free weights and resistance bands to improve muscular strength and endurance. Core, balance, and flexibility training also included in this fun class.

FIT FORCE

Small group exercise doing high intensity workout routines with our brand new functional movement equipment.

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.

GENTLE YOGA

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

CHAIR YOGA

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body, all while sitting in a chair!

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.

MINDFUL MOBILITY

Especially designed 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.

OUTDOOR WALKING

Join us for an invigorating outdoor group walk. Enjoy the fresh air and companionship while getting great cardiovascular exercise.

POP PILATES

An infusion of ab-chiseling and total body defining movements set to upbeat, pop hits. Take classical Pilates to the next level!

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.

GROOV3

A choreographed, non-stop dance party that features hip hop, funk, and pop styles - moves you can take anywhere! This high-energy dance fitness experience is for EVERYONE, from beginners who have never taken a dance class to advanced dancers and everyone in between. Get ready to DANCE, SWEAT, & LIVE!!

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.

TAI CHI

An intricate set of linked poses developed in China to embrace balance, fitness, and longevity. It is a highly dynamic, yet relaxed, movement that appears simple, fluid, and soft. Beginner and intermediate classes available.

THE BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

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.

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!