



LANDING YMCA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	FIT FORCE with Jimmy 6:30 - 7:30am		FIT FORCE with Jimmy 6:30 - 7:30am		
	TAI CHI with Bill 7 - 8am				
POP PILATES with Daneem 9 - 10am	BARRE with Daneem 9 - 10am	POP PILATES with Daneem 9 - 10am	YOQI with Dennis 9 - 10am	GROOV3 with Daneem 8:30-9:30am	
MAINE MUSCLES with Rebecca 9:45 - 10:45am	EXERCISE FOR PARKINSON'S with Molly 10 - 11am	GENTLE YOGA with Sue 9:30 - 10:45am	BARRE with Daneem 9:30 - 10:30am	MAINE MUSCLES with Rebecca 9:45 - 10:45am	
FOREVER FIT with Molly 10 - 11 am	DANCEABILITY with Michaela 10:15 - 11:30am	MINDFUL MOBILITY with Carol 10:45 - 11:45am	CHAIR YOGA with Carol 11 - 12am	FOREVER FIT with Molly 10 - 11am	PUMPED UP STRENGTH with Daneem 10 - 11am
BALANCE CLASS with Molly 11 - 11:30am				BALANCE CLASS with Molly 11 - 11:30am	GENTLE YOGA With Sheila 11:15 - 12:15pm
TOTAL BODY TRAINING with Daneem 12 - 1pm	FUNCTIONAL MOVEMENT with Rebecca 12 - 1pm	TOTAL BODY TRAINING with Rebecca 12 - 1pm	FUNCTIONAL MOVEMENT with Rebecca 12 - 1pm		
	ROCK STEADY BOXING (FOR PARKINSON'S) with Mariah, Bob, & Stephen 1:30 - 3pm		ROCK STEADY BOXING (FOR PARKINSON'S) with Mariah & Bob 1:30 - 3pm		
ZUMBA with Ida 5:30 - 6:30pm					
VINYASA YOGA with Sheila 5:30 - 6:30PM		PUMPED UP STRENGTH with Daneem 5:30 - 6:30pm	BOXING for FITNESS with Jordan 5:30 - 6:30pm		

KEY

- YOGA STUDIO
- AEROBICS STUDIO
- GYMNASIUM
- FITNESS CENTER
- BOXING STUDIO

Fitness classes are **FREE** with membership



CLASS DESCRIPTIONS

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.

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!

BOXING for FITNESS

This class focuses on teaching participants the fundamentals of boxing: footwork, punching mechanics, proper stance and more, all while delivering a great full body workout. (Boxing gloves required).

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!

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.

FIT FORCE

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

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.

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.

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!!

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.

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.

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.

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.

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!