Updated 9-4-25

LANDING YMCA FITNESS SCHEDULE

MONDAY

- **MOSSA GROUP POWER** with Vanessa — 6:30 – 7:30am
- **POP PILATES** with Daneem — 9 – 10am
- **MAINE MUSCLES** with Rebecca — 9:45 – 10:45am
- **FOREVER FIT** with Molly — 10 – 11 am
- **BALANCE CLASS** with Molly — 11 – 11:30am
- **OUTDOOR WALKING** with Angie — 11am – 12pm
- **TOTAL BODY TRAINING** with Rebecca — 12 – 1pm
- **ZUMBA** with Ida — 5:30 – 6:30pm
- **VINYASA YOGA** with Sheila — 5:30 – 6:30pm

TUESDAY

- **FIT FORCE** with Jimmy — 6:15 – 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 – 11:15am
- **FUNCTIONAL MOVEMENT** with Rebecca — 12 – 1pm
- **ROCK STEADY BOXING (FOR PARKINSON'S)** with Bob, Stephen, Theresa — 1:30 – 3pm
- **BOXING for FITNESS** with Jordan — 5:00 – 6:00pm

WEDNESDAY

- **CORE N MORE** with Tracy — 7:15–8:15am
- **POP PILATES** with Daneem — 9 – 10am
- **GENTLE YOGA** with Sue — 9:30 – 10:45am
- **MINDFUL MOBILITY** with Carol — 10:45 – 11:45am
- **TOTAL BODY TRAINING** with Rebecca — 12 – 1pm
- **OUTDOOR WALKING** with Angie — 3pm – 4pm
- **BODY RECHARGE** with Louisa — 4:15–5:15pm
- **MOSSA GROUP POWER** with Daneem — 5:30 – 6:30pm

THURSDAY

- **FIT FORCE** with Jimmy — 6:15 – 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 Bob, Theresa, & Margaret — 1:30 – 3pm

FRIDAY

- **GROOV3** with Daneem — 8:30–9:30am
- **MAINE MUSCLES** with Rebecca — 9:45 – 10:45am
- **FOREVER FIT** with Molly — 10 – 11am
- **BALANCE CLASS** with Molly — 11 – 11:30am
- **OUTDOOR WALKING** with Angie — 11am – 12pm

Fitness classes are **FREE** with membership

SATURDAY

- **PUMPED UP STRENGTH** with Daneem — 10 – 11am
- **GENTLE YOGA** With Sheila — 11:15am – 12:15pm
- **OUTDOOR WALKING** with Angie — 1pm – 2pm

SUNDAY

- **BODY RECHARGE** With Louisa — 9:30 – 10:30am
- **MOSSA POWER** with the Trio — 10:45 – 11:45am

KEY

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

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!

BODY RECHARGE
This mind-body class blends yoga and pilates for a relaxing, yet invigorating workout. This class enhances flexibility, builds strength, and promotes mental clarity.

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!

CORE N MORE
A dynamic class that changes every time! Starts with focus on core, then adds full-body strength work using light weights and bodywork moves.

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
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.

MOSSA GROUP POWER
This cutting-edge strength training workout combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, a step, heart-pounding music, and expert coaching.

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!