



# LANDING YMCA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MOSSA GROUP POWER</b> with Vanessa 6:30 – 7:30am	<b>FIT FORCE</b> with Jimmy 6:15 – 7:30am		<b>FIT FORCE</b> with Jimmy 6:15 – 7:30am			
	<b>TAI CHI</b> with Bill 7 – 8am	<b>CORE N MORE</b> with Tracy 7:15–8:15am				
<b>POP PILATES</b> with Daneem 9 – 10am	<b>BARRE</b> with Daneem 9 – 10am	<b>POP PILATES</b> with Erin 9 – 10am	<b>YOQI</b> with Dennis 9 – 10am	<b>GROOV3</b> with Daneem 8:30–9:30am		
<b>MAINE MUSCLES</b> with Rebecca 9:45 – 10:45am	<b>EXERCISE FOR PARKINSON'S</b> with Molly 10 – 11am		<b>BARRE</b> with Daneem 9:30 – 10:30am	<b>MAINE MUSCLES</b> with Rebecca 9:45 – 10:45am		
<b>FOREVER FIT</b> with Molly 10 – 11 am	<b>DANCEABILITY</b> with Michaela 10:15 – 11:15am	<b>GENTLE YOGA</b> with Sue 9:30 – 10:45am	<b>CHAIR YOGA</b> with Carol 11 – 12am	<b>FOREVER FIT</b> with Molly 10 – 11am	<b>PUMPED UP STRENGTH</b> with Daneem 10 – 11am	<b>BODY RECHARGE</b> With Louisa 9:30 – 10:30am
<b>BALANCE CLASS</b> with Molly 11 – 11:30am				<b>BALANCE CLASS</b> with Molly 11 – 11:30am	<b>GENTLE YOGA</b> With Sheila 11:15am – 12:15pm	<b>MOSSA POWER</b> with the Trio 10:45 – 11:45am
<b>OUTDOOR WALKING</b> with Angie 11am – 12pm	<b>CARDIO BLAST</b> with Angie/Rebecca 11:30am – 12pm	<b>MINDFUL MOBILITY</b> with Carol 10:45 – 11:45am	<b>CARDIO BLAST</b> with Angie/Rebecca 11:30am – 12pm	<b>OUTDOOR WALKING</b> with Angie 11am – 12pm	<b>OUTDOOR WALKING</b> with Angie 1pm – 2pm	
<b>TOTAL BODY TRAINING</b> with Rebecca 12 – 1:00pm	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 – 1:00pm	<b>TOTAL BODY TRAINING</b> with Rebecca 12 – 1:00pm	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 – 1:00pm	<b>MOSSA GROUP POWER</b> with Vanessa 12 – 1:00pm		
	<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Bob, Stephen, Jess 1:30 – 3pm		<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Bob, Jess, & Margaret 1:30 – 3pm			
	<b>YOGA SPARK</b> with Mac 4:15 – 5:15pm	<b>OUTDOOR WALKING</b> with Angie 3pm – 4pm				
<b>ZUMBA</b> with Ida 5:30 – 6:30pm	<b>BOXING for FITNESS</b> Boxing for Fitness for Teens with Jordan 5:00 – 6:00pm	<b>BODY RECHARGE</b> with Louisa 4:15–5:15pm				
<b>VINYASA YOGA</b> with Sheila 5:30 – 6:30pm		<b>MOSSA GROUP POWER</b> with Daneem 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!

## 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).

## CARDIO BLAST

Get ready to sweat! This fast-paced high energy 30-min class kicks off with a quick warm-up, powers through 25 min of nonstop cardio intervals, and finishes. No dance moves here just simple, effective exercises that keeps you moving and challenged.

## 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.

## 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 many dance 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. Participation is confidential.

## MAINE 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, along with the gentle, flowing movements of qigong to enhance agility. A great 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!