Updated 8-18-26

LANDING YMCA FITNESS SCHEDULE

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

Fitness classes are **FREE** with membership

KEY

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

CLASS DESCRIPTIONS

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. 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. This yoga experience 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!