Updated 11-6-26

LANDING YMCA FITNESS SCHEDULE

MONDAY

POP PILATES
with Daneem
9:00 – 10:00am

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

FOREVER FIT
with Molly
10:00 – 11:00am

BALANCE CLASS
with Molly
11:00 – 11:30am

OUTDOOR WALKING
with Angie
11:00am – 12:00pm

TOTAL BODY TRAINING
with Rebecca
12:00 – 1:00pm

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
7:00 – 8:00am

BARRE
with Daneem
9:00 – 10:00am

EXERCISE FOR PARKINSON'S
with Molly
10:00 – 11:00am

DANCABILTY
with Michaela
10:15 – 11:30am

FUNCTIONAL MOVEMENT
with Rebecca
12:00 – 1:00pm

ROCK STEADY BOXING
(FOR PARKINSON'S)
with Maria, Stephen, Jeff
1:30 – 3:00pm

VINYASA YOGA
with Sheila
4:15 – 5:15pm

BOXING for FITNESS
with Jordan
5:00 – 6:00pm

WEDNESDAY

CORE N MORE
with Tracy
7:15–8:15am

POP PILATES
with Erin
9:00 – 10:00am

GENTLE YOGA
with Sue
9:30 – 10:45am

MINDFUL MOBILITY
with Carol
10:45 – 11:45am

TOTAL BODY TRAINING
with Rebecca
12:00 – 1:00pm

OUTDOOR WALKING
with Angie
3:00 – 4:00pm

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
9:00 – 10:00am

BARRE
with Daneem
9:30 – 10:30am

CHAIR YOGA
with Carol
11:00am – 12:00pm

FUNCTIONAL MOVEMENT
with Rebecca
12:00 – 1:00pm

ROCK STEADY BOXING
(FOR PARKINSON'S)
with Maria, Jeff, & Margaret
1:30 – 3:00pm

HUMAN REFORMER PILATES
with Daneem
5:30 – 6:30pm

FRIDAY

GROOV3
with Daneem
8:30–9:30am

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

FOREVER FIT
with Molly
10:00 – 11:00am

BALANCE CLASS
with Molly
11:00 – 11:30am

OUTDOOR WALKING
with Angie
11:00am – 12:00pm

Fitness classes are **FREE** with membership

SATURDAY

PUMPED UP STRENGTH
with Daneem
10:00 – 11:00am

GENTLE YOGA
With Sheila
11:15am – 12:15pm

SUNDAY

BODY RECHARGE
With Louisa
9:30 – 10:30am

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!