



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE WITH A FRIEND

**Holiday Schedule (December 3rd, 2018 - January 6th, 2019)**

Please see reverse side for class length and descriptions.

Stay Active in Group Fitness this Holiday Season!

## MIND & BODY CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:45a				Yoga Fusion			
9:30a							Slow Flow Yoga
11:00a	Gentle Fit Yoga		Gentle Fit Yoga				
12:00p				Beginner Tai Chi*			
12:15p					Gentle Fit Yoga	Senior Fit Yoga	
1:00p		Tai Chi: Chen 36*		Intermediate Tai Chi*			
2:00p		Tai chi: Yang 64*					
5:30p	Slow Flow Yoga	Classic Yoga					

**CLASS LOCATION KEY**  
Red = Studio 1  
Purple = Studio 2  
Dark Green = Cycle Room

\* Program Fee for Non-Members. Punch Passes do not apply. See back for price.

## CYCLE CLASSES

To ensure you have a spot in class, reserve a spot the day before by calling the Welcome Center Desk at 941-2808.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:45a		Cycle Together		Cycle Together		
8:00a						Cycle Together/ Indoor Cycling
9:15a		Ridin' to the Oldies		Ridin' to the Oldies		
5:30p	Indoor Cycling	Cycle 30 Together	Cycle Together	Cycle 30 Together		

Customize your fitness schedule and have it with you wherever you go. Download our mobile app today!



### NON-MEMBER PUNCH PASSES

Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis. (Reservations needed for Cycling and TRX® classes.)

10 Classes: \$90 | 20 Classes: \$140

## CLASSIC YOGA

In Classic Yoga, poses are held for an extended time, allowing the body to adjust to the stretch and releasing any underlying tension. As a result, the poses are done slowly and mindfully, using the breath to help relax into them. The poses are also sequenced so that every area of the body – internal as well as external – is covered. The class ends with “Yoga Nidra”, an extended deep relaxation, allowing the body to assimilate the benefits of the poses. And clear instructions are given, both to assure the safety of the poses and to enable people to learn how to do them on their own. People at all levels of ability are welcome.

## CYCLE TOGETHER

CYCLE TOGETHER is a huge calorie burner. It’s a 60-minute cycling experience brought indoors. Chase the pack, spin the flats, climb mountains, and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of interval training. To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

## CYCLE 30 TOGETHER 30 min. Class

CYCLE 30 TOGETHER will get you fitter and feeling better in only 30 minutes. It’s a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness. To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

## GENTLE FIT YOGA

This “fitness” style of yoga consists of postures which are performed in a flowing “three-mountain” format: a warm-up, a work session, and deep relaxing stretches, and it concludes with final relaxation. Emphasis is placed on working at the participant’s own pace and letting go of competition, judgment and expectations. Options will be given for different fitness levels.

## INDOOR CYCLING

An exciting and fun cycle class focusing on endurance, strength, intervals, high intensity, and recovery. With the help of an instructor and the use of a wide variety of music, you’ll stay motivated to help you train and meet your fitness goals! To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

## TAI CHI FOR HEALTH (BEGINNER/INTERMEDIATE)

These Tai Chi classes are based on the Tai Chi for Health Programs of Dr. Paul Lam. When done properly, and with the correct instruction, Tai Chi can provide protection to the joints, improve mobility, relieve pain and stiffness, and improve the practitioner’s cardiovascular fitness. Participants should wear loose fitting clothes and shoes with good support. The exercise level is equivalent to a brisk walk. **Folks planning to participate are asked to consult their doctor before doing so.**

**Cost for Non-Members: \$75 for Beginner/Intermediate**

**PLEASE NOTE:** The Bangor Region YMCA’s Fitness schedule is subject to change due to low attendance as well as instructor and space availability. **A new schedule is put out quarterly** and we make every effort to communicate changes at least two weeks before the change takes place.

**CLASS SIZE:** All classes are on a first-come, first-served basis. Instructors reserve the right to limit class size to ensure your safety during class.

## THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401  
P 207 941 2808 F 207 941 2812 [www.BangorYMCA.org](http://www.BangorYMCA.org)

## RIDIN’ TO THE OLDIES 45 min. Class

Ridin’ to the Oldies is a 45 minute cycling class for active older adults (or anybody looking for a more moderately paced cycling experience) while enjoying classic rock music from the 60’s and 70’s. Your Instructor/DJ will lead you on an enjoyable group ride experience over various terrain while playing your favorite tunes to motivate you along the way. If you want to improve endurance, burn calories, strengthen your lower body, and take a trip down memory lane with a great group of friends, then you’ll love Ridin’ to the Oldies!

## SENIOR FIT YOGA

Based on classic Yoga poses and practices, this is a less intense, slower-moving class designed for seniors (55 and older) -- but people of any age or level of experience are welcome. Clear instructions are given, both for your safety and so you can learn to do the practices on your own. Proper breathing and release of tension are emphasized. Every class begins with a warm-up and ends with Yoga Nidra (a guided Deep Relaxation).

## SLOW FLOW YOGA 1 hour 15 min. Class

Aims to bring balance to the body and mind through a series of flowing postures that emphasize mindfulness while also increasing strength, flexibility, and stamina and improving balance and posture. A variety of options will be provided to make each class adaptable to a variety of fitness levels.

## YOGA FUSION

A gentle to moderate level yoga class which blends traditional yoga postures, fitness yoga, Pilates, stretching, movement, and meditation for a well-rounded way to become stronger, more flexible, and release stress. Occasional use of props, stability balls, all provided for you. Wear comfortable layers of clothing as the studio can be quite cool.

## Tai Chi: Yang 64

Yang style Tai Chi ,developed by Yang Chen-fu, is one of the most popular forms of Tai Chi today. When done properly, and with the correct instruction, Tai Chi can provide a gentle stretching and strengthening of the joint muscles and tendons of the body. Results can also include: protection to the joints, improvement in mobility, relief of pain and stiffness, and improvement to the practitioner’s cardiovascular fitness. This class is designed for intermediate Tai Chi players and while it is not required, participants having some prior knowledge of Tai Chi will find it helpful.

## Tai Chi: Chen 36

This class is based on the 36 Chen style and it the oldest and parent form of the five main styles of Tai Chi. It is characterized by its lower stances, bursts of power, a mix of hard and soft techniques, and fast and slow movements. Chen style is the most vigorous of the Tai Chi styles. The exercise is equivalent to that of a brisk walk.

**Cost for Non-Members: \$100 for Yang 64/Chen 36**



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