



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



STAY ACTIVE WITH A FRIEND

Holiday Schedule (Dec 3rd, 2018– January 6th, 2019)

Please see reverse side for class length and descriptions.



SENIOR FRIENDLY CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
8:00a		50+ 'N Fit		50+ 'N Fit		
9:00a	Strong for Life		Strong for Life		Pump & Cycle	
9:15a		Ridin' to the Oldies*		Ridin' to the Oldies*		
11:00a	Gentle Fit Yoga Healthy Bones and Joints		Gentle Fit Yoga Healthy Bones and Joints	Zumba Gold®	Healthy Bones and Joints	
12:15p	Senior TRX® 45				Gentle Fit Yoga	Senior Fit Yoga

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

CLASS LOCATION KEY

- Red = Studio 1
- Purple = Studio 2
- Dark Green = Cycle Room
- Orange = Fitness Center & Weight Room

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

All classes are subject to changes and cancellations without notice per the discretion of fitness management.

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



50+'N FIT

A fitness program designed for active older adults who want to improve on their overall fitness especially to help in both everyday and recreational activities. This class will have a little bit of everything – cardio, strength, balance, core, and flexibility! Modifications will be offered so all fitness levels are welcome. This class is a 60 minute class.

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.

HEALTHY BONES AND JOINTS

This is a 60-minute class for active older adults living with arthritis or similar conditions that may limit movement. Each class will include 25 minutes of low impact floor aerobics and balance exercises, 20 minutes of strength training, and 15 minutes of flexibility exercises. Exercises are carefully designed to reduce pain and increase range of motion through all the joints in the body in an effort to improve overall wellness. Regular attendance may help improve strength, balance, and endurance, which can assist in performing daily activities as independently as possible. This is a slower paced class, and all exercises may be performed in chairs if needed or desired, and does not require participants to get down on the floor.

PUMP & CYCLE

A fitness program for active older adults that will help improve balance and overall muscle strength by using weights and other resistance exercises. Especially beneficial in reducing the impact of osteoporosis. We’ll spend 30 minutes in the Fitness Center/Weight Room and then head to the Cycling Studio for beginner level cycling! Total class time is 60 minutes.

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!

THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401
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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).

SENIOR TRX® 45 45 min. Class

Ever think there was an exercise that anybody can do, no matter your fitness level, to help build your endurance, strength, flexibility, balance and mobility? More importantly, did you know that increasing all of those parts of your body will help prevent injury? TRX Suspension Training is a safe and effective method of exercise that uses your body weight to reach these goals. TRX stands for Total body Resistance eXercise and it allows you to choose your own intensity to improve your overall quality of life and help you with everyday activities.

STRONG FOR LIFE 45 min. Class

A fitness program for active older adults that will help improve balance and overall muscle strength by using weights and other resistance exercises. Especially beneficial in reducing the impact of osteoporosis.

ZUMBA GOLD® 45 min. Class

This class is perfect for anyone who is looking for a modified dance fitness experience that includes fun dance moves offered at a lower intensity with fun music and great friends! Come join your enthusiastic instructor, Andrea, as she helps you improve your cardio fitness, muscular conditioning, and even balance! It’s so much fun, you won’t even know it’s exercise!

PLEASE NOTE: The Bangor Region YMCA’s Senior Friendly 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.