



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



STAY ACTIVE WITH A FRIEND

Winter Schedule (January 7th – March 31st, 2019)

Please see reverse side for class length and descriptions.

Try out our new Class Introductions and take a class FREE for one month!

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		

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

CLASS INTRODUCTIONS

Have you ever wanted to try a class but didn't know what to expect? Didn't know what equipment was involved or how to use it? Didn't know if you could physically do it?

The first week of each month we will be holding class introductions for all of our Mossa classes. These include class such as Active Together, Balance and Flex Together, Cardio Step Together, Defend Together, Groove Together and Strength Train Together. See back of this schedule for more details.

- January 7th - 8:30am Strength Train Together Introduction
 - January 8th- 11:15am Balance and Flex Together Introduction
 - January 8th- 3:15pm Active Together Introduction
- Different Introductions coming in February and March!

Please see the front desk to register for this FREE introduction to group fitness! This program is for non-members or members not active in group fitness. Already a member- tear the bottom portion of this schedule off and give it to a friend!

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

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.

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.

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!

CLASS INTRODUCTIONS 30-45 min. Class

During this 30 minute introduction the instructor will tell you what equipment you will need for the class, tell you what you may expect during the class (ie increased heart rate, muscle soreness), take you through a few common moves, and then you will get to do small portion of the class (5-10 minutes) with the instructor. Once you complete the class introduction you can take the class for free for a whole month! All Class introductions are held in Studio 1.

Please register for this class at the front desk or by calling 941-2808.

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

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