



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Try our
new class!
**Balance and
Flex Together!**

STAY ACTIVE WITH A FRIEND

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

Please see reverse side for class length and descriptions.

MIND & BODY CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:45a				Yoga Fusion			
8:00a				Balance and Flex Together			
9:15a							Balance and Flex Together
11:00a	Gentle Fit Yoga		Gentle Fit Yoga				
11:45a						Senior Fit Yoga	
12:00p		Seated Tai Chi*		Beginner Tai Chi*			
12:15p		Balance and Flex Together			Gentle Fit Yoga		
1:00p		Tai Chi: Chen 36*		Intermediate Tai Chi*			
2:00p		Tai Chi: Yang 64*					
4:15p					Balance and Flex Together		
5:30p	Balance and Flex Together	Classic Yoga					
6:40p				Balance and Flex Together			

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.

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

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



BALANCE AND FLEX TOGETHER 60 min. Class

Balance and Flex Together will grow you longer and stronger with an invigorating 60- minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

CLASSIC YOGA 60 min. Class

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.

GENTLE FIT YOGA 60 min. Class

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.

SENIOR FIT YOGA 60 min. Class

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).

SEATED TAI CHI 60 min. Class

Seated Tai Chi incorporates the principles of Tai Chi for improving health, balance and overall wellness, as taught by Dr. Lam. This class combines seated and standing with intermittent standing as conditions of participants allow.

Cost for Non-Members: \$75 for Seated Tai Chi

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.

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.

TAI CHI: CHEN 36 60 min. Class

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 Chen 36

TAI CHI: YANG 64 60 min. Class

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.

Cost for Non-Members: \$100 for Yang 64

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

YOGA FUSION 60 min. Class

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.



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