



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE WITH A FRIEND

Spring into Group Fitness at the Bangor Region YMCA this season!

**Spring Schedule (April 1<sup>st</sup> - June 23<sup>rd</sup>, 2019)**

Please see reverse side for class length and class descriptions.

## LAND FITNESS CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:45a	Boot Camp Active Together	Strength Train Together	Boot Camp Defend Together		Boot Camp Strength Train Together		
7:05a						<b>JUMP 'N*</b>	
8:00a						Active Together	Cardio Step Together
9:15a						Strength Train Together	Balance and Flex Together
9:30a	Strength Train Together	Cardio Step Together	Country Heat	Strength Train Together	Active Together		
10:30a						Groove Together	
11:00a		<b>Defend Together</b>		Zumba Gold®			
12:15p	Intro to TRX® 45	Balance and Flex Together	TRX® 45	<b>Balance and Flex Together</b>	TRX® 45		
4:15p	Groove Together	Active Together	Cardio Step Together	Defend Together	Balance and Flex Together		
5:30p	Cardio Step Together Balance and Flex Together	Strength Train Together	Active Together	Groove Together	JUMP 'N*		
6:40p	TRX® 45	Zumba®	Core STRENGTH	Balance and Flex Together			

**CLASS LOCATION KEY**  
 Red = Studio 1  
 Purple = Studio 2  
 Orange = Fitness Center & Weight Room

All classes are subject to changes and cancellations without notice per the discretion of fitness management.  
 \*Space is limited, please reserve your spot (no more than 24 hours in advance) at the welcome center or by calling 941-2808.

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 classes)

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

### **ACTIVE TOGETHER** 60 min. Class

ACTIVE TOGETHER gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movement.

### **BOOT CAMP** 60 min. Class

Get back to basics with our boot camp class. These group sessions, which focus on military-style exercises and functional movements like push-ups, squats, sprints, sit-ups and much more, provide a killer workout and a chance to sweat and push yourself towards a new level of fitness. Classes are held in the fitness center and outside when possible.

### **CARDIO STEP TOGETHER** 60 min. Class

CARDIO STEP TOGETHER is 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your agility, coordination, and strength with exciting music and group energy.

### **CORE STRENGTH** 30 min. Class

Core STRENGTH trains your core like no other class will in one 30 minute class. If your goal is to get a 6-pack this class is not meant for you. In core STRENGTH we will focus on the functionality of your core and how to move through your day in a stronger and more functional way. A stronger core means a stronger you. This class is for all fitness levels, everyone can benefit from a stronger core!

### **COUNTRY HEAT** 60 min. Class

If you can walk, you can do the Country Heat dance fitness program! This class has simple line dance-inspired movements set to great country music. The moves are so easy it's like walking, but way more fun! After this class you'll never have to talk yourself into working out, because you're going to WANT to do it!

### **DEFEND TOGETHER** 60 min. Class

DEFEND TOGETHER is a gripping hour that burns tons of calories and builds total body strength. Tap into the newest mixed martial movements done in a rapid-fire pace to smash your cardio fitness. The workout combines cutting edge moves with thrilling music.

### **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.

**PLEASE NOTE:** The Bangor Region YMCA's Land 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.

### **GROOVE TOGETHER** 60 min. Class

GROOVE TOGETHER will make you sweat with a smile during this energizing hour of dance fitness. It's a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to current hits and energetic songs.

### **STRENGTH TRAIN TOGETHER** 60 min. Class

STRENGTH TRAIN TOGETHER will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best.

### **INTRO TO TRX® 45** 45 min. Class

Challenge yourself in just 30 minutes with this highly effective interval style workout. You'll use a variety of exercises to burn calories, strengthen muscles, train coordination and agility, and work your core – and it's over before you know it!

### **TRX® 45** 45 min. Class

TRX stands for Total body Resistance eXercise. TRX Suspension Training is a revolutionary method of leveraged body weight exercise. We will lead you to safely perform exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels. Change up your workouts with suspension training. If you are new to TRX, you may benefit by taking our Intro to TRX class on Tuesdays at 12.

### **ZUMBA®** 60 min. Class

Fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away.

### **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!

### **JUMP 'N** 40 min. Class

This class consists of bouts of jumping mixed with strength and cardio exercises. Come ready to get your heart rate and sweat going in this intense 40 minute class! The Bangor Region YMCA provides the ropes needed for this class. Limit of 12 participants, please sign up in advance at the front desk for this class!

**THE BANGOR REGION YMCA**

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