



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# STAY ACTIVE WITH A FRIEND

**Spring Schedule (March 29<sup>th</sup> - June 27<sup>th</sup>, 2021)**

Please see reverse side for class length and class descriptions.

## LAND FITNESS CLASSES (IN-PERSON)

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
5:45a	Active Together	Strength Train Together	Balance & Flex Together	Cardio Step Together	Strength Train Together	
8:15a						Active Together
9:30a	Strength Train Together	Cardio Step Together	Cardio Pump	Strength Train Together	Active Together	Strength Train Together
10:45a						Groove Together
11:00a		Healthy Bones and Joints	Gentle Fit Yoga	Healthy Bones and Joints	Gentle Fit Yoga	
12:00p						Balance & Flex Together
4:15p	Groove Together	Balance & Flex Together	Cardio Step Together	Defend Together	Balance & Flex Together	
5:30p	Cardio Step Together Indoor Cycling	Strength Train Together	Active Together	Groove Together Indoor Cycling		
6:15p			Boot Camp			
6:45p			Core Focus Together (NEW!)			

**CLASS LOCATION KEY**  
 Red = Studio 1  
 Purple = Cycle Studio  
 Orange = Weight Room

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! Search for "Daxko".



**For the safety of our Y Family, members are required to RESERVE their spots in the classes they want to attend.** This will ensure all class participants will have enough room to social distance, following the **COVID-19 Prevention Guidelines** from the Maine Department of Economic and Community Development.

### **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 movements.

### **BALANCE & FLEX TOGETHER** 60 min. Class

Balance & 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.

### **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 great workout and a chance to sweat and push yourself towards a new level of fitness.

### **CARDIO PUMP** 60 min. Class

Pump up your cardio routine! This interval class combines step, dance, kickboxing, and resistance training for a unique cardiovascular workout. Easy-to-follow moves and catchy tunes provide the basis for a full-body workout.

### **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 FOCUS TOGETHER** 30 min. Class

CORE FOCUS TOGETHER trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain and help strengthen your abs. Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform – all to challenge you like never before.

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

DEFEND TOGETHER is an intense 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.

### **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.

### **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.

### **HEALTHY BONES AND JOINTS** 60 min. Class

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.

### **INDOOR CYCLING** 60 min. Class

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!

### **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.