



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE WITH A FRIEND

Spring Schedule (March 29<sup>th</sup> – May 15<sup>th</sup>, 2021)

## VIRTUAL FITNESS CLASSES



**JOIN OUR Y'S GROUP FITNESS FACEBOOK GROUP!**

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
8:00a		50+ 'N Fit		50+ 'N Fit		Cycle Together	Balance & Flex Together
9:00a	Strong for Life		Strong for Life		Strong for Life		Cardio Step Together
11:00a	Gentle Fit Yoga	Healthy Bones and Joints		Healthy Bones and Joints			
12:00p	<b>Core Focus Together (NEW!)</b>		Strength Train Together		<b>Core Focus Together (NEW!)</b>		
1:15p						Defend Together	
5:30p	Boot Camp	High Intensity Interval Training (HIIT)	Groove Together	High Intensity Interval Training (HIIT)			

**All classes will be accessible via the Bangor Region YMCA Group Fitness Facebook Group.** Participants will need to 'join' the group on Facebook before classes can be accessed. Classes can be done at a time that is convenient for you; once a class is complete it is saved to the group. This excludes MOSSA classes (Cardio Step Together, Defend Together, Groove Together, and Balance & Flex Together). All classes are subject to changes and cancellations without notice per the discretion of fitness management.

### 50+'N FIT 60 min. Class

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.

### 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.

**Customize your fitness schedule and have it with you wherever you go. Download our mobile app today! Search for "Daxko".**

### 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 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.

### **CYCLE TOGETHER** 60 min. Class

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.

### **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.

### **HIGH INTENSITY INTERVAL TRAINING** 60 min. Class

High Intensity Interval Training (HIIT) is a great way to improve cardio respiratory endurance without spending hours on the treadmill! You will experience high intensity bursts of exercise followed by short bouts of low intensity exercise or rest. Make sure to have water and a towel close by and be ready to sweat!

### **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.

### **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. Class starts with a warm up and continues with 30 minutes of strength training exercises, followed with core, balance and stretching. All demonstrated by your instructor for optimal success in this class.

**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.

**THE BANGOR REGION YMCA**

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