## STAY ACTIVE WITH A FRIEND

### Summer Schedule (July 5th – September 26th, 2021)

Please see reverse side for class length and class descriptions.

### LAND FITNESS CLASSES (IN-PERSON)

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<thead>
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</thead>
<tbody>
<tr>
<td>5:45a</td>
<td>Active Together</td>
<td>Strength Train Together</td>
<td>Balance &amp; Flex Together</td>
<td>Cardio Step Together</td>
<td>Strength Train Together</td>
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<tr>
<td>8:00a</td>
<td>50+ ‘N Fit</td>
<td>50+ ‘N Fit</td>
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<td>Outdoor Cycling* (Select dates only. See front desk for more details.) Active Together</td>
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<tr>
<td>9:00a</td>
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<td>Cardio Step Together**</td>
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<tr>
<td>9:15a</td>
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<td></td>
<td>Strength Train Together</td>
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<tr>
<td>9:30a</td>
<td>Strength Train Together</td>
<td>Cardio Step Together</td>
<td>Cardio Pump</td>
<td>Strength Train Together</td>
<td>Active Together</td>
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<tr>
<td>10:30a</td>
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<td></td>
<td></td>
<td>Groove Together</td>
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<tr>
<td>11:00a</td>
<td>Yoga Fusion</td>
<td>Vinyasa Yoga (NEW)</td>
<td>Senior Fit Yoga</td>
<td>Vinyasa Yoga (NEW)</td>
<td>Yoga Fusion</td>
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<tr>
<td>12:00p</td>
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<td></td>
<td>Balance &amp; Flex Together</td>
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<tr>
<td>5:30p</td>
<td>Cardio Step Together Slow Flow Yoga</td>
<td>Strength Train Together</td>
<td>Active Together</td>
<td>Belly Dance Fitness (NEW)</td>
<td>Classic Yoga</td>
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<tr>
<td>6:30p</td>
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<td>Boot Camp</td>
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</table>

All classes are subject to changes and cancellations without notice per the discretion of fitness management.

* To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

** The Y building is closed on Sundays and not accessible.

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

### NON-MEMBER PUNCH PASSES

Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis.

- 10 Classes: $90
- 20 Classes: $140
**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.

**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.

**BELLY DANCE FITNESS**  60 min. Class
Despite its name, belly dance engages the whole body! In this
fitness-based belly dancing class we will learn some basic
isolations and movements based upon the traditional art form,
but mostly we will dance to a variety of popular and inspiring
music to improve cardiovascular health and overall muscular
tone, to develop better body awareness and control, and to
embody the joy and wisdom that comes from the belly dance
tradition. No experience is required and everyone is welcome!

**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.

**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. Clear instructions are given, both to assure the safety
of the poses and to enable participants to learn how to do them
on their own. People of all levels of ability are welcome.

**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.

**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.

**INDOOR/OUTDOOR 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! To ensure you have a spot
for class, reserve a bike the day before by calling the Welcome
Center at 941-2808.

**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).

**SLOW FLOW YOGA**  60 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.

**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.

**VINYASA YOGA**  60 min. Class
Vinyasa yoga is a dynamic, movement-oriented yoga practice
emphasizing the connection between mind, body and breath.
Like other forms of yoga asana, regular vinyasa practice functions
to prepare the body and mind for the deeper yogic practice
of meditation.

**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.

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**PLEASE NOTE:** 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.

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**THE BANGOR REGION YMCA**
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P 207 941 2808  F 207 941 2812  BangorYMCA.org