STAY ACTIVE WITH A FRIEND

Summer Schedule (July 5th - September 26th, 2021)

Please see reverse side for length of class and class description.

VIRTUAL FITNESS CLASSES

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</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>
<td></td>
<td></td>
</tr>
<tr>
<td>8:00a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Active Together</td>
<td>Cycle Together*</td>
</tr>
<tr>
<td>9:00a</td>
<td>Strong For Life</td>
<td>Strong For Life</td>
<td></td>
<td>Strong For Life</td>
<td></td>
<td>Balance</td>
<td>&amp; Flex Together</td>
</tr>
<tr>
<td>9:15a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Strength Train Together</td>
<td></td>
</tr>
<tr>
<td>9:30a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Cardio Pump</td>
</tr>
<tr>
<td>10:30a</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Groove Together</td>
<td></td>
</tr>
<tr>
<td>11:00a</td>
<td>Yoga Fusion</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Yoga Fusion</td>
<td></td>
</tr>
<tr>
<td>12:00a</td>
<td>Core Focus Together</td>
<td>Strength Train Together</td>
<td></td>
<td>Core Focus Together</td>
<td>Balance &amp; Flex Together</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:15p</td>
<td>Groove Together</td>
<td>Balance &amp; Flex Together</td>
<td></td>
<td>Defend Together</td>
<td>Balance &amp; Flex Together</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:30p</td>
<td>High Intensity Interval Training (HIIT)</td>
<td>High Intensity Interval Training (HIIT)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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".

*Offered on select dates. See schedule in our mobile app or on our website www.bangorY.org.
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.

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.

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.

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.

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.

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.

PLEASE NOTE: The Bangor Region YMCA’s Virtual Fitness schedule is subject to change due to low attendance as well as instructor availability and technical difficulties. A new schedule is put out quarterly and we make every effort to communicate changes at least two weeks before the change takes place.