



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STAY ACTIVE WITH A FRIEND

Fall Schedule (September 27<sup>th</sup> – December 18<sup>th</sup>, 2021)

Please see reverse side for class length and class descriptions.



YOU CAN ACCESS OUR VIRTUAL CLASSES VIA THE BANGOR REGION YMCA GROUP FITNESS FACEBOOK GROUP.

## VIRTUAL FITNESS CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
5:45a	Active Together	Strength Train Together	Cardio Step Together	Balance & Flex Together	Strength Train Together		
7:00a		<b>Core Focus Together (NEW)</b>		<b>Core Focus Together (NEW)</b>			
8:00a						Active Together	Balance & Flex Together
9:00a	Strong For Life		Strong For Life		Strong For Life		
9:15a						Strength Train Together	
9:30a	<b>Strength Train Together (NEW)</b>	<b>Cardio Step Together (NEW)</b>	Cardio Pump	<b>Strength Train Together (NEW)</b>	<b>Active Together (NEW)</b>		<b>Strength Train Together (NEW)</b>
10:30a						Groove Together	
11:00a	Yoga Fusion				Yoga Fusion		
12:00p	Core Focus Together		<b>Groove Together (NEW)</b>		Core Focus Together	Balance & Flex Together	
12:15p			<b>Core Focus Together (NEW)</b>				
4:15p	Groove Together	Balance & Flex Together	<b>Cardio Step Together (NEW)</b>	Defend Together	Balance & Flex Together		
5:30p	<b>Cardio Step Together (NEW)</b>	High Intensity Interval Training (HIIT)	<b>Defend Together (NEW)</b>	High Intensity Interval Training (HIIT)			

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".



### **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.

### **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.