



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



It's easier to stay fit when you do it with others! JOIN OUR LAND FITNESS CLASSES (IN-PERSON)

Summer Schedule (June 27th – September 25th, 2022)

Please see reverse side for class length and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	YOGA FLOW ON THE GO 5:30–6:15a / Studio 2		YOGA FLOW ON THE GO 5:30–6:15a / Studio 2			
GROUP ACTIVE 5:45–6:45a / Studio 1	GROUP POWER 5:45–6:45a / Studio 1	GROUP BLAST 5:45–6:45a / Studio 1	GROUP RIDE * 5:45–6:45a / Cycle Studio	GROUP POWER 5:45–6:45a / Studio 1		
	50+ FITNESS 8:00–9:00a / Studio 1		50+ FITNESS 8:00–9:00a / Studio 1		GROUP ACTIVE 8:00–9:00a / Studio 1	
GROUP POWER 9:30–10:30a / Studio 1	GROUP BLAST 9:30–10:30a / Studio 1	GROUP groove 9:30–10:30a / Studio 1	GROUP POWER 9:30–10:30a / Studio 1	GROUP ACTIVE 9:30–10:30a / Studio 1	GROUP POWER 9:15–10:15a / Studio 1	HIKING YOGA 9:15–10:30a / Outside
YOGA FUSION 11:00a–12:00p / Studio 2		SENIOR FIT YOGA 11:00a–12:00p / Studio 2		YOGA FUSION 11:00a–12:00p / Studio 2	GROUP groove 10:30–11:30a / Studio 1	
				TRX® 45 12:15–1:00p / Studio 1	GROUP CENTERGY 12:00–1:00p / Studio 1	
GROUP groove 4:15–5:15p / Studio 1	GROUP CENTERGY 4:15–5:15p / Studio 1	GROUP CORE 4:15–4:45p / Studio 1	GROUP fight 4:15–5:15p / Studio 1	GROUP CENTERGY 4:15–5:15p / Studio 1		
GROUP BLAST 5:30–6:30p / Studio 1	GROUP POWER 5:30–6:30p / Studio 1	GROUP ACTIVE 5:30–6:30p / Studio 1	GROUP groove 5:30–6:30p / Studio 1	JOURNEY DANCE™ 5:30–6:45p / Studio 1		
SLOW FLOW YOGA 5:30–6:30p / Studio 2						
INDOOR CYCLING 5:30–6:30p / Cycle Studio	JOURNEY DANCE™ 6:45–8:00p / Studio 1		INDOOR CYCLING 5:30–6:30p / Cycle Studio			

SPECIAL RATE

Save up to 30% OFF
Punch Passes This Summer!

NON-MEMBER PUNCH PASSES

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

10 Classes: \$60 ~~\$90~~

20 Classes: \$100 ~~\$140~~

Valid through September 8th, 2022

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

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



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

50+ FITNESS 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.

GROUP ACTIVE 60 min. Class

Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. **ACTIVATE YOUR LIFE!**

GROUP BLAST 60 min. Class

Group Blast® is 60 minutes of athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. **HAVE A BLAST!**

GROUP CENTERGY 60 min. Class

Group Centergy® 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. **REDEFINE YOUR SELF.**

GROUP CORE 30 min. Class

Group Core® gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel. **GET HARD CORE!**

GROUP FIGHT 60 min. Class

Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. **FIGHT FOR IT!**

GROUP GROOVE 60 min. Class

Group Groove® is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! **IF YOU CAN MOVE, YOU CAN GROOVE!**

GROUP POWER 60 min. Class

Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

GROUP RIDE 60 min. Class

Group Ride® is a 60-minute cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! **RIDE ON!** To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

HIKING YOGA 75 min. Class

Hiking Yoga combines an easy to moderate urban hike with stops along the way where we practice accessible yoga. We combine breath and movement, mindfulness and walking meditation, complemented by the sights and sounds we encounter. Hiking Yoga is a free community program that meets at the Bangor YMCA at 9:15am and loops through the Waterfront and downtown. We end where we began at 10:30am. No mat and no experience required. Water and sunblock are recommended.

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

JOURNEYDANCE 75 min. Class

JourneyDance™ is more than a workout—it is embodied movement that encourages us to break out of the box and do what feels best in the moment. Let go, flow, vibrate, and move to a music-driven journey that helps us access our inner fire, clear our minds, grow our emotional intelligence, nurture our intuition, and step into a new story — empowered, liberated, grounded, and connected.

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

This slow flow yoga class builds strength, flexibility, and balance while promoting body awareness, empowerment, relaxation, and stress relief. Creative, trauma-informed variations and options are offered as we match movement and breath and connect the mind and the body. Beginners are always welcome and everyone is encouraged to do what feels best to them in the moment.

TRX 45 45 min. Class

TRX® stands for Total body Resistance eXercise. TRX Suspension Training is a revolutionary method of leveraged body weight exercise. We will lead you to safely perform exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. Because you can instantly modify resistance by adjusting body position, Suspension Training workouts are safe and effective for people of all fitness levels. Change up your workouts with suspension training.

YOGA FLOW ON THE GO 45 min. Class

This all-levels Vinyasa yoga class is designed to bring a little pep to your step. We'll stretch, strengthen and breathe our way into the day.

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 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.