



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MOVE WITH US MAKE A SPLASH

Summer Schedule (July 5<sup>th</sup> - August 13<sup>th</sup>, 2022)



## WATER FITNESS CLASSES

	Mon.	Tues.	Wed.	Thurs.	Fri.
8:00a	Hydrofit (60 min.) Means Pool	Joint Ventures Means Pool	Hydrofit (60 min.) Means Pool	Joint Ventures Means Pool	Hydrofit (60 min.) Means Pool
11:00a	Joint Ventures Means Pool	Liquid Toning Means Pool	Joint Ventures Means Pool	Liquid Toning Means Pool	Joint Ventures Means Pool
11:45a			Hydrofit (45 min.) Means Pool		
6:00p	Hydrofit (60 min.) Means Pool	High/Low H2O Means Pool	Hydrofit (60 min.) Means Pool	High/Low H2O Means Pool	06282022

### 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.

### HIGH/LOW H2O 60 min. Class

Level of Intensity: ❤️ ❤️ ❤️ ❤️

This is a high intensity class that utilizes the shallow and deep ends of the pool for a boot camp style approach. HIIT (High Intensity Interval Training) focuses on cardiovascular health and strength training, toning and muscle endurance. Catchy upbeat music will keep you motivated in this class while your instructor guides you through upper and lower body moves to reach your fitness goals. Class will begin with a 5-10 minute warm up followed by a 45-50 minute heart pumping workout and wrap up with a 5-10 minute cool down.

### HYDROFIT 45 - 60 min. Class

Level of Intensity: ❤️ ❤️ ❤️

Class participants can expect a higher cardiovascular intensity by participating in this class. Class will have 5-10 minute warm-up, 20 minutes of moderate cardio combined with strength training using pool equipment and/or the use of the pool wall, followed by 15-20 minutes of high intensity cardio. A 10-minute cool down along with various stretches will wrap up this heart pumping workout.

### JOINT VENTURES 45 min. Class

Level of Intensity: ❤️

The goal of this class is to enhance activities of daily living. This class is appropriate for participants that have had recent joint replacements, arthritis, fibromyalgia, and other neuromuscular conditions. The class will focus on joint mobility, flexibility, range of motion, strength, endurance, light cardio, balance and coordination. It will begin with a brief warm up to get the blood flowing to joints and muscles that will be used for the main segment of the class, followed by a brief cool down. **To ensure the quality of this class, participation will be limited to 25 participants.**

### LIQUID TONING 45 min. Class

Level of Intensity: ❤️ ❤️

This class is designed for participants looking for a fun, social environment, where they can focus on balance, cardio, and toning all while listening to upbeat music. Participants will torch calories while punching, kicking, and skiing their way through this workout. Class will consist of a 5-minute warm up, 35 minutes of cardio/strength training, and a 5-minute cool down.

### THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401

P 207 941 2808 F 207 941 2812 [www.BangorYMCA.org](http://www.BangorYMCA.org)

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