



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

Winter Schedule (January 3rd – March 31st, 2023)

Please see reverse side for class length and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 / Cycling Studio	GROUP POWER 5:45–6:45a / Studio 1	GROUP RIDE* 8:00–9:00a / Cycling Studio
GROUP RIDE* 8:00–9:00a / Cycling Studio	50+ FITNESS 8:00–9:00a / Studio 1	YOGA FUSION 7:00–7:45a / Studio 1	50+ FITNESS 8:00–9:00a / Studio 1	STRONG FOR LIFE 9:00–9:45a / Weight Room	GROUP ACTIVE 8:00–9:00a / Studio 1
STRONG FOR LIFE 9:00–9:45a / Weight Room		GROUP RIDE* 8:00–9:00a / Cycling Studio		STRONG FOR LIFE 9:00–9:45a / Weight Room	GROUP groove 9:15–10:15a / Studio 1
GROUP POWER 9:30–10:30a / Studio 1	GROUP BLAST 9:30–10:30a / Studio 1	STRONG FOR LIFE 9:00–9:45a / Weight Room	GROUP POWER 9:30–10:30a / Studio 1	GROUP ACTIVE 9:30–10:30a / Studio 1	GROUP POWER 10:30–11:30a / Studio 1
SENIOR FIT YOGA 11:00a–12:00p / Studio 2	YOGA FUSION 11:00–11:45a / Studio 2	GROUP groove 9:30–10:30a / Studio 1	YOGA FUSION 11:00–11:45a / Studio 2	SENIOR FIT YOGA 11:00a–12:00p / Studio 2	GROUP CENTERGY 11:45a–12:45p / Studio 1
	HIIT High Intensity Interval Training 1:00–1:30p / Studio 1	YOGA FLOW ON THE GO 12:15–1:00p / Studio 1	R30* 1:00–1:30p / Cycling Studio	TRX® 45 12:15–1:00p / Studio 1	
	TAI CHI FOR ARTHRITIS & FALL PREVENTION 1:00–2:00p / Studio 2	BOOT CAMP 12:15–1:00p / Weight Room	TAI CHI FOR ARTHRITIS & FALL PREVENTION 1:00–2:00p / Studio 2		
	YANG FAMILY TAI CHI 2:00–3:00p / Studio 2		YANG FAMILY TAI CHI 2:00–3:00p / Studio 2		
GROUP fight 4:15–5:15p / Studio 1	GROUP groove 4:15–5:15p / Studio 1	GROUP CORE 4:45–5:15p / 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	R30* 5:30–6:00p / Cycling Studio	R30* 5:30–6:00p / Cycling Studio	GROUP ACTIVE 5:30–6:30p / Studio 1		
CYCLING* 5:30–6:30p / Cycling Studio	GROUP CENTERGY 5:30–6:30p / Studio 1	GROUP POWER 5:30–6:30p / Studio 1	GROUP RIDE* 5:30–6:30p / Cycling Studio		
			GROUP groove 6:45–7:45p / Studio 1		

NON-MEMBER PUNCH PASSES
Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis.
10 Classes: \$100
20 Classes: \$150

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".

rev12212022



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.

BOOT CAMP 45 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

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.

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.

HIGH INTENSITY INTERVAL TRAINING (HIIT) 30 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!

R30 30 min. Class

R30® is a cycling workout that will improve your cardio fitness and muscular endurance in only 30 minutes. Inspiring music and motivating coaching set the pace for a workout that will leave you feeling sweaty and energized. **EVERYONE FINISHES FIRST!** 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).

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.

TAI CHI FOR ARTHRITIS AND FALL PREVENTION 60 min. Class

Arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving “**Tai Chi for Arthritis and Fall Prevention**” their full support. Although especially effective for arthritis, it is a great start for beginners to improve health and wellness. The program is proven to be effective to prevent falls, that is why health departments around the world have utilized it for this purpose. Join us on Tuesdays and Thursdays to experience this well studied and received program.

YANG FAMILY TAI CHI 60 min. Class

Yang Family Tai Chi is characterized by large, open, elegant movements practiced slowly and deliberately. It has been shown to improve balance, strength, immunity, mood/depression and much more.

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 45 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.