



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



HEALTH HAPPENS at the Y!

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

SENIOR-FRIENDLY CLASSES

Please see reverse side for class length and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIAC REHAB* 8:00–9:00a / Fitness Center	JOINT VENTURES** 8:00–8:45a / Means Pool	CARDIAC REHAB* 8:00–9:00a / Fitness Center	JOINT VENTURES** 8:00–8:45a / Means Pool	CARDIAC REHAB* 8:00–9:00a / Fitness Center
STAY STRONG* <small>NEW!</small> 9:15–10:30a / Fitness Center	50+ FITNESS** 8:00–9:00a / Studio 1	STAY STRONG* <small>NEW!</small> 9:15–10:30a / Fitness Center	50+ FITNESS** 8:00–9:00a / Studio 1	
ENHANCE® FITNESS* 11:00a–12:00p / Studio 1	LIVESTRONG® AT THE YMCA* 9:00–10:30a / Fitness Center	ENHANCE® FITNESS* 11:00a–12:00p / Studio 1	LIVESTRONG® AT THE YMCA* 9:00–10:30a / Fitness Center	ENHANCE® FITNESS* 11:00a–12:00p / Studio 1
SENIOR FIT YOGA** 11:00a–12:00p / Studio 2	NEURO HEALTH* 11:00a–12:00p / Fitness Center		NEURO HEALTH* 11:00a–12:00p / Fitness Center	SENIOR FIT YOGA** 11:00a–12:00p / Studio 2
JOINT VENTURES** 11:15a–12:00p / Means Pool		JOINT VENTURES** 11:15a–12:00p / Means Pool		JOINT VENTURES** 11:15a–12:00p / Means Pool
	TAI CHI FOR ARTHRITIS & FALL PREVENTION** 1:00–2:00p / Studio 2		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	
CARDIAC REHAB* 3:00–3:30p / Fitness Center 3:30–4:00p / Studio 2		CARDIAC REHAB* 3:00–3:30p / Fitness Center 3:30–4:00p / Studio 1		CARDIAC REHAB* 3:00–3:30p / Fitness Center 3:30–4:00p / Studio 1
FIGHTING EAGLES BOXING CLUB** 3:00–3:30p / Studio 2 3:30–4:10p / Studio 1				

BLOOD PRESSURE SELF-MONITORING (BPSM)

Office Hours:
Monday: 8:00 – 9:00am
Tuesday: 9:00 – 10:00am
Thursday: 1:00 – 2:00pm

BPSM Nutrition Virtual Talks:
Held virtually once per month.
Dates to be determined.

* These classes require registration.
** Simply drop in to these classes with no registration required.

New STAY STRONG class for Cancer Survivors!



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 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.

CARDIAC REHABILITATION STAGE III/IV 60 min. Class

This class focuses on improving cardiovascular endurance, muscular strength and endurance, flexibility, balance and mobility, while learning how to interpret your body's response to exercise utilizing the Rate of Perceived Exertion (RPE) scale and under the supervision of a Healthy Heart Ambassador and a Volunteer Nurse.

ENHANCE®FITNESS 60 min. Class

This class is for active older adults living with arthritis or similar conditions that may limit movement. Each class will include a 5 – 8 minutes of warm up, 20 minutes of cardio, 3 – 5 minutes of cool down, 30 minutes of strength, and 8 – 10 minutes focused on balance and flexibility. Exercises are carefully designed to reduce pain and increase range of motion through all the joints in the body in an effort to improve overall wellness. This is a slower paced class, and all exercises may be performed in chairs if needed or desired, and does not require participants to get down on the floor. 2 Class Levels: Level 1 uses a chair to execute the exercises and Level 2 is standing with no use of a chair. Classes are a combination of Level 1 & 2 and participants choose the level they are comfortable with.

FIGHTING EAGLES BOXING CLUB 70 min. Class

For local area residents diagnosed with Parkinson's disease, offering wellness or exercise devoted exclusively to their needs. Activities that take place during the class include circuit training, weight training, balance activities, and boxing drills using gloves, pads, and heavy bags. While the boxing classes are free for all participants, the club does ask that members of the public purchase their own glove liners if they use the club's boxing gloves. The liners can be purchased through the club.

JOINT VENTURES 45 min. Class

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. Both the shallow and deep end are utilized, but participants may choose to stay in either location.

LIVESTRONG® at the YMCA 90 min. Class

An evidence-based program that helps adult cancer patients and survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG® Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.



NEURO HEALTH PROGRAM FOR PATIENTS AND THEIR CARE

PARTNERS 60 min. Class

The Neuro Health program is focused on providing social, emotional, physical and quality of life improvements for the Neuro Health patient and their care partner. During this program, both the patient and care partner will be invited to attend two, 1-hour movement classes each week, along with a monthly support group and twice monthly social hours. Each participant will be guided by our Health & Wellness Team on the options that will be most beneficial to them and help slow progression of the disease. Care partners will have the option to participate in activities together with patients or separately.

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).

STAY STRONG 75 min. Class

If you've experienced our flagship cancer exercise program, LIVESTRONG® at the YMCA, and long for that same group training experience, we now have an option for you – "Stay Strong". This free-to-members program is for former LIVESTRONG at the YMCA participants. Your group will be participants who have shared and understand similar experiences to your own. This is a small group personal training format, with assistance and guidance from certified personal trainers who have also been specifically certified for LIVESTRONG at the YMCA. Registration is ongoing and participants can begin at any time. For questions, contact Mark Rice-Schoon, our Senior LIVESTRONG at the YMCA instructor and Healthy Living Specialist at (207) 941-2808, ext. 352 or mschoon@bangory.org.

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.

THE BANGOR REGION YMCA

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