

Wellness Programs
Landing Y
Fall 2016

Effective: September 12, 2016
With Exceptions Noted

	Monday	Tuesday	Wednesday	Thursday	Friday
6am					
7am		7:00-8:00am Tai Chi			
8am	7:30-8:15am Circuit 45		7:30-8:15am Circuit 45		7:30-8:15am Circuit 45
9am				9-10am Pilates	
10am	10 - 11am Barre Class	9:30-10:30am Muscle Time	9:30-10:45 Gentle Yoga	9:30-10:30am Muscle Time	9:30-10:30am Cardio Dance PLUS
11am	11:00-12:00 Yogalates	10:30-11:45am LiveStrong	10:30-11:45am LiveStrong		9:30-10:45 Yoga/ Melinda
12pm	11-11:45am Silver Strong begin 11/7	10:30-1:00pm Mindfulness**	11am -12pm Exercise Parkinson's	11am - 12pm LSVT Parkinson's	11 - 11:45am Chair Yoga
1pm		12-12:45pm Hospital	12-12:45pm Functional	12-12:45 Functional	12-12:45 Total Body
2pm			12-12:45pm Total Body	12-12:45 Movement	
3pm					
4pm		4:00- 5:15pm Yoga w/Sue			
5pm					
6pm	5:30-6:30pm Cardio Dance	5:30-6:30pm Beg Yoga	5:30-6:30pm Cross Challenge	5:30-6:30pm Cross Challenge begin 10/27	
7pm		6-8:30pm Mindfulness**			
		Midcoast			
		Hospital			
	Venue Key :	Aerobics Room	Yoga Room	Conference Room	



**Mindfulness Class is Full. Next 8 wk session TBD.

Landing Y
24 Venture Ave.
207-844-2801

Hours: Monday - Thursday 6am-7:30pm
Friday 6am-6pm
Saturday 8am-1pm