

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 **	
10am	10 - 11am Barre Class		9:30-10:30am Muscle Time	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 Gentle Yoga	10:30-11:45am LiveStrong	9:30-10:45 Yoga/ Melinda
12pm		10:30-1:00pm Mindfulness Midcoast Hospital	11am -12pm Exercise Parkinson's	10-11am Barre Class	
1pm		12 - 12:45pm Total Body	12-12:45 Functional Movement	11am - 12pm LSVT Parkinson's	
2pm				12-12:45 Functional Movement	12-12:45 Total Body
3pm					
4pm		4:00- 5:15pm Yoga w/Sue			
5pm		4:30-5:15pm ** Martial Arts	4:30-5:30pm Child Arts	4:30-5:15pm ** Martial Arts	4:30-5:30pm Child Arts
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	
7pm		6-8:30pm Mindfulness Midcoast Hospital		6:15-7:15pm ** Swing Dance	
Venue Key :		Aerobics Room	Yoga Room	Conference Room	Martial Arts



Landing Y
24 Venture Ave.
207-844-2801

Additional Fees for Swing Dance and Martial Arts
**Classes that start week of 10/24/16
Mindfulness classes begin 10/03/16

Hours: Monday - Thursday 6am-7:30pm
Friday 6am-5pm
Saturday 7am-1pm

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