Wellness and Dance Classes
Fall 2017

Effective September 11, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am						
7am	6:30 - 7:15am HIIT Class 7:30-8:15am Circuit 45 7:15-8:15am Qigong	7:00-8:00am Tai Chi	6:30 - 7:15am HIIT Class 7:30-8:15am Circuit 45		6:30 - 7:15am HIIT Class 7:30-8:15am Circuit 45	
8am		8:30-9:15am Pop Pilates		8:30-9:15am Pop Pilates		
9am	9:30-10:30am Barre Class	9:30-10:30am Muscle Time	9:30-10:45 Gentle Yoga 9:30-10:30am Barre Class	9:30-10:30am Muscle Time 9:15-10:15pm Pilates	9:30-10:30am Barre Class 9:30-10:45 Yoga/ Melinda	9:00-10:00 am Kickboxing 10:00 - 11:00am Yoga - All Levels
10am						
11am	11:00-12:00 Yogalates 11-11:45am Silver Strong	11am -12pm Exercise Parkinson's	11:00 - 11:45am Silver Strong	11:15am - 12:00pm Chair Yoga	11am - 12pm LSVT Parkinson's	
12pm	12 - 12:45pm Total Body	12-12:45 Functional Movement	12-12:45pm Total Body	12-12:45 Functional Movement	12-12:45 Total Body	
1pm		1:30-3pm Parkinson's Boxing		1:30-3pm Parkinson's Boxing		
2pm		1:30-3:00 Parkinson's Boxing		1:30-3:00 Parkinson's Boxing		
3pm						
4pm	4:00-5:15pm Yoga w/Sue	3:30-4:15pm Intro Dance (Ages2-5) 4:15-5:15pm Hip Hop (age 6-8)	4:15-5:15pm Adult Jazz	4:00- 5:00pm Beginner Yoga 3:15-4:15pm Jazz (age 8-12) 4:15-5:15pm Ballet (age 13-18)		
5pm						
6pm	5:30-6:30pm Cardio Dance 5:30-6:30pm Beg Yoga	5:30-6:30pm Barre Class 5:30-6:30pm Pop Pilates	5:30-6:30pm Cardio Dance	5:30-6:30pm Barre Class		
7pm						
Key	Basketball	Aerobics Room	Yoga Room	Conference Room	Martial Arts Room	

Hours: Monday - Thursday 6am-7:30pm
Friday 6am-5pm
Saturday 8am-12pm
Tel: 844-2801

Landing Y
24 Venture Ave.
Brunswick, Maine 04011 844 -2801