

Wellness Programs  
Landing Y  
Winter 2016 - 2017

Effective: **February 20, 2017**  
With Exceptions Noted

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	10:00 - 11:00am Yoga - All Levels
11am	11:00-12:00 Yogalates	11-11:45am Silver Strong	11:00 - 11:45am Silver Strong	11 - 11:45am Chair Yoga 12/15	11am - 12pm; 12/16 LSVT Parkinson's	
12pm	12 - 12:45pm Total Body	10:30-1:00pm Midcoast Hospital	12-12:45 Functional	12-12:45pm Total Body	12-12:45 Functional	12-12:45 Total Body
1pm		1:30-3 pm Parkinson's	12:15-2:15pm Massage by Appointment	1:30-3pm Parkinson's	12-12:45 Total Body	1pm-2pm Cardio Dance Plus
2pm		Boxing		Boxing	2-4 pm Massage by Appointment	
3pm						
4pm	4:00-5:15pm Yoga w/Sue			4:00- 5:00pm Beginner Yoga		
5pm						
6pm	5:30-6:30pm Cardio Dance	5:30-6:30pm Beg Yoga	5:30-6:30pm Barre Class	5:30-6:30pm Barre Class		
7pm		6-8:30pm Midfulness Mid Coast				
<b>Key</b>	Basketball Court	Aerobics Room	Yoga Room	Conference Room	Martial Arts Room	



*\*\*Mindfulness Class is full. Next session begins March 6, 2017*

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

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