



ADULT FITNESS SCHEDULE: LANDING YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2017: UPDATED 11-6-17

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 a.m.						
7 a.m.	HIIT 6:30-7:15 a.m.		HIIT 6:30-7:15 a.m.		HIIT 6:30-7:15 a.m.	
8 a.m.	CIRCUIT 45 7:30-8:15 a.m.	TAI CHI 7-8 a.m.	CIRCUIT 45 7:30-8:15 a.m.		CIRCUIT 45 7:30-8:15 a.m.	
9 a.m.		POP PILATES 8:30-9:15 a.m.		POP PILATES 8:30-9:15 a.m.	ZUMBA 8:30-9:15 a.m.	
10 a.m.	QIGONG 9-10 a.m.		BARRE 9:30-10:30	MUSCLE TIME 9:30-10:30	BARRE 9:30-10:30	KICKBOXING 9-10 a.m.
		MUSCLE TIME 9:30-10:30 a.m.	GENTLE YOGA 9:30-10:45	PILATES 9:15-10:15 a.m.	VINYASA YOGA 9:30-10:45	YOGA (ALL LEVELS) 10-11 a.m.
11 a.m.	YOGALATES 11-Noon	EXERCISE PARKINSON'S 11-Noon	SILVER STRONG 11-11:45	CHAIR YOGA 11:00-Noon	LSVT PARKINSON'S 11-Noon	
Noon	SILVER STRONG 11-11:45					
1 p.m.	TOTAL BODY 12-12:45	FUNCTIONAL MOVEMENT 12-12:45	TOTAL BODY 12-12:45	FUNCTIONAL MOVEMENT 12-12:45	TOTAL BODY 12-12:45	
2 p.m.		PARKINSON'S BOXING 1:30-3 p.m.		PARKINSON'S BOXING 1:30-3 p.m.		
3 p.m.						
4 p.m.		INTRO TO DANCE (2-5 Y/O) 3:30-4:15 p.m.				
5 p.m.	YOGA 4-5:15 p.m.			BEG. YOGA 4-5 p.m.		
6 p.m.	ZUMBA 5:30-6:30	POP PILATES 5:30-6:30	ZUMBA 5:30-6:30 p.m.	BARRE 5:30-6:30 p.m.		
7 p.m.	BEG. YOGA 5:30-6:30	BARRE 5:30-6:30				

KEY
AEROBICS RM
YOGA ROOM
BOXING RM
ADDITIONAL FEE

QUESTIONS? Call (207) 844-2801 or go to bathymca.org.

All classes are FREE for members. There is a \$15 drop-in fee for non-members and community members