



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING Y FITNESS SCHEDULE

Fitness classes are  
**FREE** with membership!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>HIIT</b> *Begins 12/5* with Rebecca 6-7 a.m.	<b>TAI CHI</b> with Bill 7-8 a.m.	<b>HIIT</b> *Begins 12/7* with Rebecca 6-7 a.m.			
<b>POP PILATES</b> with Daneem 9-10 a.m.	<b>YOGALATES</b> with Ann 8:30-9:30 a.m.	<b>POP PILATES</b> with Daneem 9-10 a.m.	<b>YOQI</b> with Dennis 9-10 a.m.		
<b>MAINE MUSCLES</b> with Rebecca 9:45-10:45 a.m.	<b>BARRE</b> with Daneem 9-10 a.m.	<b>GENTLE YOGA</b> with Sue 9:30-10:45 a.m.	<b>BARRE</b> with Daneem 9:30-10:30 a.m.	<b>MAINE MUSCLES</b> with Rebecca 9:45-10:45 a.m.	
<b>SILVER STRONG</b> with Angie S./Molly 10-10:45 a.m.	<b>EXERCISE FOR PARKINSON'S</b> with Angie S./Molly 10:15-11 a.m.	<b>MINDFUL MOBILITY</b> *CLASS IS FULL* with Angie S./Molly 10:30-11:30 a.m.	<b>CHAIR YOGA</b> with Sue 11 a.m.-12 p.m.	<b>SILVER STRONG</b> with Angie S./Molly 10-11 a.m.	
<b>THE BALANCE CLASS</b> with Angie S./Molly 10:45-11:15 a.m.	<b>OUTDOOR WALKING</b> with Angie S. 11 a.m.-12 p.m. Meet at the Landing	<b>DIABETES PREVENTION PROGRAM</b> with Angie S. & Robin 11 a.m.-12 p.m.	<b>OUTDOOR WALKING</b> with Angie S. 11 a.m.-12 p.m. Meet at the Landing	<b>THE BALANCE CLASS</b> with Angie S./Molly 11-11:30 a.m.	<b>KEY</b>
				<b>OUTDOOR WALKING</b> with Angie S. 11 a.m.-12 p.m. Meet at the Landing	<b>YOGA ROOM</b>
<b>TOTAL BODY TRAINING</b> with Kelly 12-1 p.m.	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12-1 p.m.	<b>TOTAL BODY TRAINING</b> with Kelly 12-1 p.m.			<b>AEROBICS ROOM</b>
<b>LIVESTRONG</b> with Molly/ Robin/Angie 12:30-2 p.m.	<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Zach, Jenna & Angie 1:30-3 p.m.	<b>LIVESTRONG</b> with Molly/ Robin/Angie 12:30-2 p.m.	<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Zach, Jenna & Angie 1:30-3 p.m.		<b>GYMNASIUM</b>
					<b>OUTDOOR</b>
<b>CARDIO DANCE</b> with Dee 5:30-6:30 p.m.	<b>POP PILATES</b> with Holly 5:30-6:30 p.m.	<b>ZUMBA</b> with Daneem 5:30-6:30 p.m.	<b>BUTI YOGA</b> with Dee 5:30-6:30 p.m.		<b>UPSTAIRS MULTI-PURPOSE ROOM</b>

Instructors may choose to bring classes outdoors, weather permitting. All classes are free for members unless noted otherwise.

Class schedules are available at [www.bathymca.org/schedules](http://www.bathymca.org/schedules)

\*Updated 11/29/22



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# CLASS DESCRIPTIONS

## BARRE

This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. For all levels!

## CARDIO DANCE

Join us for a dance party! Cardio Dance features simple modern dance moves set to a mix of top 40 and classic hit music. It's an upbeat, energetic and fun workout that keeps your body in motion!

**DIABETES PREVENTION PROGRAM** *Preregistration required.*  
This small-group, classroom-based program helps people with prediabetes eat healthier and increase their physical activity, which can delay or even prevent the onset of type 2 diabetes.

## EXERCISE FOR PARKINSON'S

This class is intended for most\* people with Parkinson's and does not require participation in the LSVT program. It is geared specifically to diminish movement challenges experienced by people with Parkinson's Disease. Individuals with other neurological conditions are also welcome to join the class. Physician's approval will be required for this class. Classes are ongoing and participants may join any time.

## FUNCTIONAL MOVEMENT

This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance quality of life.

## HIIT (HIGH INTENSITY INTERVAL TRAINING)

Start your day with this enhanced form of interval training that incorporates short periods of intense anaerobic exercise with less intense recovery periods.

## MAIN(E) MUSCLES

Learn different ways to work your muscles. This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class includes a warm-up, pre and post stretch.

## LIVESTRONG

LIVESTRONG® at the YMCA is a free 12-week program for adult cancer survivors. Trained YMCA wellness coaches work with each participant as they transition from treatment to regaining their strength.

## MINDFUL MOBILITY (Class FULL)

This 6-week series is for individuals living with Alzheimer's disease, dementia, or memory challenges and their care partners. This program offers gentle mobility, stretching, balance, and strength training for health and wellness. Screening may be required. Participation is confidential.

## OUTDOOR WALKING

Meet at the Landing for an invigorating outdoor group walk. Enjoy the fresh air and companionship while getting great cardiovascular exercise.

## POP PILATES

An infusion of ab-chiseling and total body defining movements set to upbeat, pop hits. Take classical Pilates to the next level like you've never seen before.

## TAI CHI

A set of linked poses to enhance balance, fitness, and longevity. It's highly dynamic, but constitutes a demanding workout involving the mind as much as the body.

## ROCK STEADY BOXING

An exercise program for individuals with Parkinson's. Non-contact program so only our coaches take punches. We do exercises that help improve balance, strength, agility, bradykinesia, reaction time and coordination. Participants must have our physical clearance form filled out and signed.

## SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

## THE BALANCE CLASS

Designed to help you become stronger and improve balance, focusing on strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all levels.

## TOTAL BODY TRAINING

This class will blend a variety of movements to give your entire body a great workout! The exercises are performed in intervals to rev up your metabolism, providing a good cardio/strength workout. Various equipment will be used. Warm ups and cool downs are included.

## YOGA CLASSES:

### BUTI YOGA

Buti is a music-driven movement methodology that incorporates dynamic yoga movements, cardio-dance elements, and deep core conditioning.

### GENTLE YOGA

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

### YOGALATES

Yoga and Pilates work together in this class to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like yoga and nothing strengthens the core better than Pilates. Together they provide a full workout that leaves you relaxed, renewed, and ready to enjoy life.

### YOQI: Yoga + Qigong

This class combines two ancient, complementary practices for health and longevity: the static postures of yoga to build strength and flexibility, along with the gentle, flowing movements of qigong to enhance suppleness and agility. A wonderful way to renew energy and clear the mind.

Access free virtual fitness classes at [www.YMCA360.org](http://www.YMCA360.org) - included with your membership!