



# LANDING YMCA FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--------	---------	-----------	----------	--------	----------

	<b>FIT FORCE</b> with Joshua 6:30 - 7:30am		<b>FIT FORCE</b> with Joshua 6:30 - 7:30am		
	<b>TAI CHI</b> with Bill 7 - 8am				
<b>POP PILATES</b> with Daneem 9 - 10am	<b>BARRE</b> with Daneem 9 - 10am	<b>POP PILATES</b> with Daneem 9 - 10am	<b>YOQI</b> with Dennis 9 - 10am		
<b>MAINE MUSCLES</b> with Rebecca 9:45 - 10:45am	<b>EXERCISE FOR PARKINSON'S</b> with Molly 10 - 11am	<b>GENTLE YOGA</b> with Sue 9:30 - 10:45am	<b>BARRE</b> with Daneem 9:30 - 10:30am	<b>MAINE MUSCLES</b> with Rebecca 9:45 - 10:45am	
<b>SENIOR STRONG</b> with Molly 10 - 10:45am	<b>DANCEABILITY</b> with Michaela 10:15 - 11:30am	<b>MINDFUL MOBILITY</b> with Carol 10:45 - 11:45am	<b>CHAIR YOGA</b> with Carol 11 - 12am	<b>SENIOR STRONG</b> with Molly 10 - 10:45am	<b>PUMPED UP STRENGTH</b> with Daneem 10 - 11am
<b>THE BALANCE CLASS</b> with Molly 10:45 - 11:15am	<b>OUTDOOR WALKING</b> with Angie 11 - 12pm		<b>OUTDOOR WALKING</b> with Angie 11 - 12pm	<b>THE BALANCE CLASS</b> with Molly 10:45 - 11:15am	
<b>TOTAL BODY TRAINING</b> with Kelly 12 - 1pm	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 - 1pm	<b>TOTAL BODY TRAINING</b> with Kelly 12 - 1pm	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 - 1pm		
	<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Mariah & Stephen 1:30 - 3pm		<b>ROCK STEADY BOXING (FOR PARKINSON'S)</b> with Mariah & Joshua 1:30 - 3pm		
<b>ZUMBA</b> with Ida 5:30 - 6:30pm	<b>"FEEL THE BEAT" LINE DANCING</b> with Angie 5 - 5:30pm				
<b>VINYASA YOGA</b> 5:30 - 6:30PM	<b>HAPPY HOUR CIRCUIT</b> with Jimmy 5:30 - 6:30pm	<b>PUMPED UP STRENGTH</b> with Daneem 5:30 - 6:30pm	<b>HAPPY HOUR CIRCUIT</b> with Jimmy 5:30 - 6:30pm		

**KEY**

- YOGA ROOM
- AEROBICS ROOM
- GYMNASIUM
- FITNESS ROOM
- OUTDOOR

Fitness classes are **FREE** with membership



# 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. All levels are welcome!

## DANCEABILITY

Danceability is a dance form designed to be accessible to EVERYONE! This inclusive class is a chance to move in a way that feels good to you while learning how to improvise.

## EXERCISE FOR PARKINSON'S

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 is required for this class. Classes are ongoing and participants may join any time.

## "FEEL THE BEAT" LINE DANCING NEW!

Come join in the fun and learn all the latest line dances at weddings and parties! We will do each line dance for 4 classes. Have a great time and get a workout while gaining more confidence for social dancing!

## FIT FORCE

Small group exercise doing high intensity workout routines with our brand new functional movement equipment.

## 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.

## GENTLE YOGA

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

## HAPPY HOUR CIRCUIT

Wrap up your work day with this circuit style class that is designed to help burn fat, build/ improve strength, muscular endurance, endurance, balance and flexibility.

## 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.

## MINDFUL MOBILITY

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

Join us 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!

## PUMPED UP STRENGTH

This class uses weights and combination movement patterns to dynamically integrate your upper and lower body for a fun, total body workout. We combine both strength and cardio, rev up your metabolism, and train your body in a whole new way!

## ROCK STEADY BOXING

An exercise program for individuals with Parkinson's. Rock Steady Boxing is noncontact 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.

## SENIOR STRONG (FORMERLY SILVER FIT)

A complete body workout for active older adults. We use free weights and resistance bands to improve muscular strength and endurance. Core, balance and flexibility training also included in this fun class.

## 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.

## TAI CHI

An intricate set of linked poses developed in China to embrace balance, fitness, and longevity. It is a highly dynamic, yet relaxed, movement that appears simple, fluid, and soft. Beginner and intermediate classes available.

## THE BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

## VINYASA YOGA

A flow yoga class that focuses on breathing and sun salutation variations. It is a more vigorous yoga experience that is a great practice for anyone looking for a physical or mental challenge.

## 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.

## ZUMBA

This class is the perfect combo of cardio and fun! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have a great time, and learn some new dance moves!