



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



It's easier to stay fit when you do it with others!

JOIN OUR LAND FITNESS CLASSES

Winter Schedule (January 2nd – March 31st, 2024)

Please see reverse side for class length and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GROUP ACTIVE 5:45–6:45a / Studio 1	GROUP POWER 5:45–6:45a / Studio 1	GROUP BLAST 5:45–6:45a / Studio 1	GROUP RIDE 5:45–6:45a / Cycling Studio	GROUP POWER 5:45–6:45a / Studio 1		
		YOGA FUSION 7:00–7:45a / Studio 1			GROUP RIDE 8:00–9:00a / Cycling Studio	
	50+ FITNESS 8:00–9:00a / Studio 1	GROUP RIDE 8:00–9:00a / Cycling Studio	50+ FITNESS 8:00–9:00a / Studio 1		GROUP ACTIVE 8:00–9:00a / Studio 1	
STRONG FOR LIFE 9:00–9:45a / Weight Room		STRONG FOR LIFE 9:00–9:45a / Weight Room		STRONG FOR LIFE 9:00–9:45a / Weight Room	GROUP groove 9:15–10:15a / Studio 1	GROUP fight 9:00–10:00a / Studio 1
GROUP POWER 9:30–10:30a / Studio 1	GROUP ACTIVE 9:30–10:30a / Studio 1	GROUP groove 9:30–10:30a / Studio 1	GROUP POWER 9:30–10:30a / Studio 1	GROUP BLAST 9:30–10:30a / Studio 1	GROUP POWER 10:30–11:30a / Studio 1	
YOGA FOR LIFE 12:15–1:15p / Studio 1	YOGA FUSION 11:00–11:45a / Studio 1	YOGA FOR LIFE 12:15–1:15p / Studio 1	YOGA FUSION 11:00–11:45a / Studio 1	YOGA FOR LIFE 12:15–1:15p / Studio 1	GROUP CENTERGY 11:45a–12:45p / Studio 1	
	TAI CHI CHUAN 1:00–2:00p / Studio 1		TAI CHI CHUAN 1:00–2:00p / Studio 1			KEMPO 2:00–3:30p / Studio 1
GROUP POWER 4:15–5:15p / Studio 1	GROUP groove 4:15–5:15p / Studio 1		GROUP fight 4:15–5:15p / Studio 1	GROUP CENTERGY 4:15–5:15p / Studio 1		
GROUP BLAST 5:30–6:30p / Studio 1	GROUP ACTIVE 5:30–6:30p / Studio 1	GROUP POWER 5:30–6:30p / Studio 1				
GROUP RIDE 5:30–6:30p / Cycling Studio	R30 5:30–6:00p / Cycling Studio		GROUP CENTERGY 5:30–6:30p / Studio 1	R30 5:30–6:00p / Cycling Studio		
	GROUP CORE 6:45–7:15p / Studio 1			KEMPO 6:30–8:30p / Studio 1		

All classes are subject to changes and cancellations without notice per the discretion of fitness management.

* To ensure that you have a spot in class, reserve a bike the day before by calling the Welcome Center at 941-2808.



Customize your fitness schedule and have it with you wherever you go. Download our mobile app today! Search for "Daxko".



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50+ FITNESS 60 min. Class

A fitness program designed for active older adults who want to improve on their overall fitness especially to help in both everyday and recreational activities. This class will have a little bit of everything – cardio, strength, balance, core, and flexibility! Modifications will be offered so all fitness levels are welcome.

GROUP ACTIVE 60 min. Class

Group Active® is a diverse one-hour workout that improves cardiovascular fitness, builds total-body strength, and enhances Movement Health for daily life. Inspiring music and professional coaching will ensure you succeed with a wide variety of innovative and athletic exercises using dumbbells, body weight, and The STEP®. ACTIVATE YOUR LIFE!

GROUP BLAST 60 min. Class

Group Blast® is 60 minutes of athletic cardio training that uses The STEP® in a wide variety of ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!

GROUP CENTERGY 60 min. Class

Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. REDEFINE YOUR SELF.

GROUP CORE (NEW) 30 min. Class

Group Core® gives you three-dimensional strength in 30 action-packed minutes. A stronger core, from your shoulders to your hips, improves athletic performance and enhances Movement Health. Expert coaching and motivating music will push you through a wide variety of innovative exercises that use your body weight, weight plates, The STEP®, and a towel. GET HARD CORE!

GROUP FIGHT 60 min. Class

Group Fight® is a gripping hour that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. FIGHT FOR IT!

GROUP GROOVE 60 min. Class

Group Groove® is a sizzling cardio experience that will make you sweat with a smile. During this energizing hour of dance fitness, you'll experience a fusion of club, hip-hop, and Latin dance styles set to the hottest current hits and the best dance songs ever produced! IF YOU CAN MOVE, YOU CAN GROOVE!

GROUP POWER 60 min. Class

Group Power® is a one-hour, cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG!

GROUP RIDE 60 min. Class

Group Ride® is a 60-minute cycling experience brought indoors that will get you heart, lung, and leg strong. Inspiring music sets the pace and creates the terrain as you roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! RIDE ON! To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

KEMPO 120 min. Class on Fridays & 90 min. Class on Sundays

Shaolin Kempo combines the circular, fluid motion of Chinese Kung Fu and linear, powerful movements of Japanese Karate. "Shaolin" is Chinese for "young forest," where Shaolin Kung Fu originated. "Kempo" is Japanese for "law of the fist." It is a highly effective, practical art for street self defense. In addition, it implements joint manipulations and grappling tactics of Jujutsu. Shaolin Kempo develops all ranges of combat: long, middle, and close. It also utilizes all four ways of fighting: striking, kicking, felling, and grappling, unlike most other martial arts that focus on just one or two of these. Training consists of numerous fun and practical methods, including: classical basics, striking pads and heavy bags, self defense techniques, sparring, and kata (forms). Through the training in Shaolin Kempo, students will develop the Five Shaolin Animal styles, which encompass different body types and fighting tactics: the Tiger, Dragon, Leopard, Crane, and Snake. The depth of Shaolin Kempo keeps it exciting and mentally stimulating for years upon years. It is not uncommon for a black belt practitioner to realize new, advanced concepts about basic moves they learned at the early ranks!

R30 30 min. Class

R30® is a cycling workout that will improve your cardio fitness and muscular endurance in only 30 minutes. Inspiring music and motivating coaching set the pace for a workout that will leave you feeling sweaty and energized. EVERYONE FINISHES FIRST! To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

STRONG FOR LIFE 45 min. Class

A fitness program for active older adults that will help improve balance and overall muscle strength by using weights and other resistance exercises. Especially beneficial in reducing the impact of osteoporosis. Class starts with a warm up and continues with 30 minutes of strength training exercises, followed with core, balance and stretching. All demonstrated by your instructor for optimal success in this class.

TAI CHI CHUAN (NEW) 60 min. Class

Tai Chi Chuan, a series of movements based on martial techniques, performed as a sequence, has become a worldwide exercise phenomenon. Tai Chi Chuan involves slow, continuous movements without interruption. The sequences are graceful, fluid and relaxed, and many participants report feeling a sense of serenity while performing the exercises. Tai Chi Chuan can be practiced by participants across the lifespan.

YOGA FOR LIFE (NEW) 60 min. Class

Based on traditional Yoga poses and practices, this is a mindful, non-competitive class, appropriate for people of all ages and levels of experience. Clear instructions are given, both for your safety and so you can learn to do the practices on your own if you wish. Stretching with focused attention, relaxed breathing, and release of tension are emphasized. Every class begins with a warm-up and closes with Yoga Nidra, a guided Deep Relaxation.

YOGA FUSION 60 min. Class

A gentle to moderate level yoga class which blends traditional yoga postures, fitness yoga, Pilates, stretching, movement, and meditation for a well-rounded way to become stronger, more flexible, and release stress.

PLEASE NOTE: The Bangor Region YMCA's Land Fitness schedule is subject to change due to low attendance as well as instructor and space availability. A new schedule is put out quarterly and we make every effort to communicate changes at least two weeks before the change takes place.

CLASS SIZE: All classes are on a first-come, first-served basis. Instructors reserve the right to limit class size to ensure your safety during class.