



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY




























HEALTH HAPPENS at the Y!

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

SENIOR-FRIENDLY CLASSES

Please see reverse side for class length and class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 CARDIAC REHAB* 8:00–8:30a / Fitness Center 8:30–9:00a / Studio 1	 50+ FITNESS** 8:00–9:00a / Studio 1	 CARDIAC REHAB* 8:00–8:30a / Fitness Center 8:30–9:00a / Studio 1	 50+ FITNESS** 8:00–9:00a / Studio 1	 CARDIAC REHAB* 8:00–8:30a / Fitness Center 8:30–9:00a / Studio 1
 STRONG FOR LIFE** 9:00–9:45a / Weight Room	JANUARY 9TH – MARCH 28TH  LIVESTRONG® AT THE YMCA* 11:00a–12:30p / Fitness Center		JANUARY 9TH – MARCH 28TH  LIVESTRONG® AT THE YMCA* 11:00a–12:30p / Fitness Center	 STRONG FOR LIFE** 9:00–9:45a / Weight Room
 ENHANCE YOUR LIFE* 11:00a–12:00p / Studio 1	 ENHANCE YOUR LIFE* 11:00a–12:00p / Studio 1	 ENHANCE YOUR LIFE* 11:00a–12:00p / Studio 1	 ENHANCE YOUR LIFE* 11:00a–12:00p / Studio 1	 ENHANCE YOUR LIFE* 11:00a–12:00p / Studio 1
 JOINT VENTURES** 11:15a–12:00p / Means Pool	 NEURO HEALTH* 11:30a–12:00p / Fitness Center 12:00–12:30p / Studio 1	 JOINT VENTURES** 11:15a–12:00p / Means Pool	 NEURO HEALTH* 11:30a–12:00p / Fitness Center 12:00–12:30p / Studio 1	 JOINT VENTURES** 11:15a–12:00p / Means Pool
 YOGA FOR LIFE** 12:15–1:15p / Studio 1	FEBRUARY 13TH – MAY 2ND  LIVESTRONG® AT THE YMCA* 5:30–7:00p / Fitness Center		FEBRUARY 13TH – MAY 2ND  LIVESTRONG® AT THE YMCA* 5:30–7:00p / Fitness Center	 YOGA FOR LIFE** 12:15–1:15p / Studio 1
 CARDIAC REHAB* 3:00–3:30p / Fitness Center 3:30–4:00p / Studio 1				 CARDIAC REHAB* 3:00–3:30p / Fitness Center 3:30–4:00p / Studio 1

*These classes require registration.

** Simply drop in to these classes with no registration required.



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50+ FITNESS 60 min. Class

A fitness program designed for active older adults who want to improve 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.

CARDIAC REHABILITATION 60 min. Class

This class focuses on improving cardiovascular endurance, muscular strength and endurance, flexibility, balance and mobility, while learning how to interpret your body's response to exercise utilizing the Rate of Perceived Exertion (RPE) scale and under the supervision of a Healthy Heart Ambassador and a Volunteer Nurse.

ENHANCE YOUR LIFE 60 min. Class

This class is for active older adults living with arthritis or similar conditions that may limit movement. Each class will include approximately minutes of warm up, 20 minutes of aerobic exercise, 25 minutes of strength and balance, and 10 minutes of cool-down and flexibility exercise. Sessions are carefully designed to improve all components of health-related physical fitness, to increase mobility, and to reduce pain. This class is modifiable for all ability levels, with participants retaining control of their intensity levels from very low to more moderate.

JOINT VENTURES 45 min. Class

The goal of this class is to enhance activities of daily living. This class is appropriate for participants that have had recent joint replacements, arthritis, fibromyalgia, and other neuromuscular conditions. The class will focus on: joint mobility, flexibility, range of motion, strength, endurance, light cardio, balance and coordination. It will begin with a brief warm up to get the blood flowing to joints and muscles that will be used for the main segment of the class, followed by a brief cool down. Both the shallow and deep end are utilized, but participants may choose to stay in either location.

LIVESTRONG® at the YMCA 90 min. Class

An evidence-based program that helps adult cancer patients and survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG® Foundation has been the YMCA's partner in developing and delivering LIVESTRONG at the YMCA.



NEURO HEALTH PROGRAM FOR PATIENTS AND THEIR CARE

PARTNERS 60 min. Class

The Neuro Health program is focused on providing social, emotional, physical and quality of life improvements for the Neuro Health patient and their care partner. During this program, both the patient and care partner will be invited to attend two, 1-hour movement classes each week, along with a monthly support group and twice monthly social hours. Each participant will be guided by our Health & Wellness Team on the options that will be most beneficial to them and help slow progression of the disease. Care partners will have the option to participate in activities together with patients or separately.

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.

YOGA FOR LIFE 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.

THE BANGOR REGION YMCA

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