



It's easier to stay fit when you do it with others! JOIN OUR LAND FITNESS CLASSES

Please see reverse side for class length and class descriptions.

September 7 – December 20, 2026

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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		
SUNRISE CYCLE 5:45–6:30a / Cycling Studio	SUNRISE CYCLE 6:45–7:30a / Cycling Studio					
	FOREVER FIT 8:00–9:00a / Studio 1		FOREVER FIT 8:00–9:00a / Studio 1		INSTRUCTOR'S CHOICE 8:00–9:00a / Cycling Studio	STEP INTO SHAPE 8:00–9:00a / Studio 1
STRONG FOR LIFE 9:15–10:00a / 3rd Floor	STRONG FOR LIFE 9:15–10:00a / 3rd Floor	STRONG FOR LIFE 9:15–10:00a / 3rd Floor	STRONG FOR LIFE 9:15–10:00a / 3rd Floor	STRONG FOR LIFE 9:15–10:00a / 3rd Floor	INSTRUCTOR'S CHOICE 8:00–9:00a / Studio 1	GROUP fight 9:15–10:15a / Studio 1
GROUP POWER 9:30–10:30a / Studio 1	GROUP ACTIVE 9:30–10:30a / Studio 1	RAISE THE BAR 9:30–10:30a / Studio 1	ZUMBA 9:30–10:30a / Studio 1	GROUP BLAST 9:30–10:30a / Studio 1	INSTRUCTOR'S CHOICE 9:15–10:15a / Studio 1	
ENHANCE YOUR LIFE 11:00a–12:00p / Studio 1	YOGA FUSION 11:00–11:45a / Studio 1	ENHANCE YOUR LIFE 11:00a–12:00p / Studio 1	PILATES PLUS 11:00–11:45a / Studio 1	ENHANCE YOUR LIFE 11:00a–12:00p / Studio 1		
				SPIN STRONG 12:00–1:00p / Cycling Studio		
YOGA FOR LIFE 12:15–1:15p / Studio 1	TAI CHI FUNDAMENTALS NEW 1:00–2:00p / Studio 1	YOGA FOR LIFE 12:15–1:15p / Studio 1	TAI CHI FUNDAMENTALS NEW 1:00–2:00p / Studio 1	YOGA FOR LIFE 12:15–1:15p / Studio 1		
GROUP CENTERGY 4:15–5:15p / Studio 1	GROUP fight 4:15–5:15p / Studio 1	GROUP groove 4:15–5:15p / Studio 1	GROUP ACTIVE 4:15–5:15p / Studio 1			
GROUP BLAST 5:30–6:30p / Studio 1	STEP INTO SHAPE 5:30–6:30p / Studio 1	GROUP POWER 5:30–6:30p / Studio 1	TABATA TIME 5:30–6:30p / Studio 1			
PILATES ESSENTIAL MAT 6:45–7:45p / Studio 1	GROUP CORE 6:45–7:15p / Studio 1					

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



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

*To ensure a cycle, call ahead to reserve a spot. Walk-ins are welcome, where seats are available.

**50+ Fitness is now called Forever Fit.

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.

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ENHANCE YOUR LIFE 60 min.

This class is for active older adults living with arthritis or similar conditions that may limit movement. Each class will include approximately 5 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.

FOREVER FIT (PREVIOUSLY "50+ FITNESS") 60 min.

Forever Fit is a class designed around the essentials: aerobic exercise for heart health, strength and flexibility for movement efficacy, balance for stability, and social connectedness for support and fun. Modifications are provided throughout the class to make exercises adaptable for a wide range of fitness levels. Whether you want to improve your fitness or just maintain a healthy lifestyle, Forever Fit offers a positive and encouraging environment to help you reach your goals.

GROUP ACTIVE 60 min.

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.

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.

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 30 min.

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.

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.

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.

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.

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.

PILATES ESSENTIAL MAT 60 min.

Designed to introduce students to, and then train them in STOTT PILATES principles, under the guidance of a skilled, trained instructor. Each class will feature a progression of exercises aimed at enhancing breath control and body alignment, mobilizing and stabilizing the spine, and developing core strength and stability.

PILATES PLUS 45 min.

This 45-minute mat Pilates class blends mindful movement, with full-body muscular endurance and mobility work. The class begins with a gentle warm-up to coordinate breathing with body alignment and core engagement, then progresses with controlled Pilates sequences to train core stability and endurance. Light weights may be used to add resistance and challenge upper-body and postural muscles. Expect a strong focus on flexibility, spinal mobility, and whole body muscle engagement to leave you feeling energized, centered, and balanced.

RAISE THE BAR 60 min.

Raise your fitness through total body resistance training, using a diversity of barbell, dumbbell, and plate weight exercises, performed with lots of invigorating repetition. Join us for challenge, fun, and friends, as you Raise the Bar for your fitness.

SPIN STRONG 60 min.

An indoor cycling experience that will leave you sweaty, inspired, and wanting more. This class is paced by music that will motivate you as you roll over hills, spin the flats, climb mountains, and sprint to the finish!

STEP INTO SHAPE 60 min.

Step into shape by combining the exhilaration of high-energy, aerobic step exercise, with intervals of strength training. We'll get your heart pumping with fun step choreography, your brain working with diverse step sequences, and your muscles strengthened with a variety of resistance training exercises. Step in and join us for fun, fitness, and friends.

STRONG FOR LIFE 45 min.

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.

SUNRISE CYCLE 45 min.

Sunrise Cycle is a 45-minute cycling workout, with an eclectic mix of songs, selected to add variety and challenge to each class. We'll use various combinations of seated and standing interval work, supported by visualization and humor to keep you physically and mentally engaged. Join us to have some fun, while we build cardiovascular and muscle endurance. To ensure you have a spot for class, reserve a bike the day before by calling the Welcome Center at 941-2808.

TABATA TIME 60 min.

Experience the ultimate high-intensity workout where you'll unleash 20-second bursts of maximum effort, followed by short recoveries, to skyrocket your aerobic fitness, speed, and power. Join us to maximize your results in minimal time and feel the powerful benefits of this dynamic training style!

TAI CHI FUNDAMENTALS 60 min.

Curious about Tai Chi, but not sure where to begin? Or perhaps you've tried it before and could use a refresher? This welcoming class is designed for everyone, from beginners, to "returners", to those who just love tai chi in any form. You'll be guided through basic Tai Chi principles and movements, with a relaxed, easy-to-follow, building block approach. You'll explore posture, balance, breathing, weight-shifting, and mindful movement, then bring the fundamentals together in some short sequences that you can practice on your own, such as the Yang 10 Form. No experience necessary. Come as you are, move at your own pace, and discover the beauty of this gentle and engaging practice.

YOGA FOR LIFE 60 min.

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 45 min.

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.

ZUMBA 60 min.

Join our Zumba® party! Boost your fitness and your mood, by dancing to a fusion of Latin and international music. Smile, sweat, and step up your fitness, with friends, in Zumba at the Y.