

Group Fitness Class Descriptions



Bangor Wellness Center



Beginner's Yoga	Revitalize your body, relax your mind, and reduce stress in Beginner's Yoga! With gentle standing and floor poses, this class will improve breath capacity, and improve your flexibility and balance.
Boot Camp	A variable-intensity strength training class mixed with cardiovascular conditioning providing a complete full-body workout. Boot Camp is designed to challenge the most active of individuals. Any level of fitness can benefit from this class since every movement can be modified!
Cyclo-Maineia	Cyclo-Maineia is a cycling class that brings the outdoor ride inside. Paced with fun, fast-paced music this interval-based cadence training takes you through sprints, hills, and mountains. Challenge your cardiovascular conditioning, move to the music, and sweat out the calories!
Circuit City	A circuit-style workout designed to strengthen muscles and challenge overall conditioning. Move through a series of stations using different pieces of equipment such as: kettlebells, BOSU balls, dumbbells, bars, medicine balls, and gliding discs. Get ready to work while having fun!
TABATA	Get the best of both worlds: CARDIO & STRENGTH. Metabolic benefits can last up to 12 hours after these workouts. This class implements cycles of 20 seconds of high intensity movement coupled with 10 seconds of rest.
TRX Fitness	This circuit training class focuses on calisthenics-based movements using the TRX Suspension Trainer. Using your own body weight as resistance, and with easy-to-modify movements, this class is great for the beginners AND those looking for a boost in their weekly strength training routine!
Relax and Stretch	Take the time to focus on yourself. This class spends time on breathing, flexibility, mobility, and meditation. Move through a series of basic stretches and positions that intend to recharge the body and set a positive vibe for the day.
Core & More	Thirty minutes focused on gut-burning core strength, stability, balance, and MORE! This class is designed to optimize the strength and endurance of your foundational core musculature.