

Bangor Wellness Center & Maine General Host Virtual Fitness Classes

Classes begin April 6th, 2020.

Classes are done via Zoom two times per day, 6:15am and Noon.

Each class will be less than 30 minutes long.

All you will need is a mat (if you want), a sturdy chair, a towel (for the gentle stretch class), and water.

Enjoy!

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!

Circuit City: A circuit-style workout designed to strengthen muscles and challenge overall conditioning. Move through a series of stations in your own living space/office space using your body weight. 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.

Gentle Stretch: Take the time to slow down and focus on yourself. This class spends time on breathing, flexibility, and mobility. 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.

To sign up for a virtual class:

Contact: Elizabeth.Young@mainegeneral.org

Weekly Schedule:

Mondays: 6:15 - Tabata & 12:00 pm – Circuit City

Tuesdays: 6:15 am – Gentle Stretch & 12:00 pm – Boot Camp

Wednesdays: 6:15 am – Core & More & 12:00 pm - Tabata

Thursdays: 6:15 am – Circuit City & 12:00 pm - Boot Camp

Fridays: 6:15 am – Gentle Stretch & 12:00 – Core & More