

# BOOTHBAY REGION YMCA GROUP EXERCISE CLASSES

## MONDAY

5:30-6:30AM

### TOTAL BODY CHALLENGE

CYCLING STUDIO, GYM, TRACK,  
STUDIO WITH MEAGAN

8-8:45AM

### AQUA COMBO

EMERY POOL WITH ERIN

8-9AM

### LOW-IMPACT AEROBICS

GYM WITH ABBY

8:15-9:15AM

### ZUMBA

STUDIO WITH MONICA

9-9:45AM

### AQUATIC STRETCH & BALANCE

THERAPY POOL WITH IRENE

9:15-10AM

### EASY RIDER CYCLING

CYCLING STUDIO WITH BILL

9:15-10AM

### SIT & STRETCH

COASTAL CLUB RM WITH ABBY

11:30AM-12:30PM

### CYCLE & TRX

CYCLING STUDIO WITH ABBY

5-5:30PM

### TRX

STUDIO WITH LISA

5:30-6PM

### TRX SWEAT!

STUDIO WITH LISA

6PM - 7PM

### AERO DANCE (STARTING 10/2)

STUDIO WITH LORI

\*NEW\* 6-6:45PM

### AQUA DANCE

EMERY POOL WITH MIRI

## TUESDAY

5:30-6:15AM

### AQUA COMBO -

### TOTAL BODY CHALLENGE

EMERY POOL WITH ANDY

8-9AM

### CYCLE

CYCLING STUDIO WITH CARLA

8-8:45AM

### DEEP WATER AEROBICS

EMERY POOL WITH LOLLY

8-9AM

### ADVANCED PILATES AND YOGA

STUDIO WITH TARA

9:15-10:15AM

### BASIC PILATES, YOGA, STRETCH

STUDIO WITH LORI

9:15-10:15AM

### SENIORS IN MOTION

GYM WITH ABBY

10AM-12PM

### PICKLE BALL

COURT 2 IN THE FIELD HOUSE

5-6PM

### STEP & STRENGTH

STUDIO WITH BONNIE

5:30 - 6:30PM

### ZUMBA

COASTAL CLUB RM WITH SARAH

6:15-7PM

### KICKBOXING

STUDIO WITH JESSIE

6-7PM

### CARDIO TENNIS

FIELD HOUSE

\$5 MEMBERS

\$10 NON-MEMBERS

## WEDNESDAY

5:30-6:30AM

### TOTAL BODY CHALLENGE

CYCLING STUDIO, CARDIO ROOM,  
STUDIO WITH MEAGAN

8-8:45AM

### AQUA COMBO

EMERY POOL WITH ERIN

8-9AM

### LOW-IMPACT AEROBICS

GYM WITH ABBY

8:15-9:15AM

### ZUMBA

STUDIO WITH MONICA

9-9:45AM

### AQUATIC STRETCH & BALANCE

THERAPY POOL WITH IRENE

9:15-10AM

### EASY RIDER CYCLING

CYCLING STUDIO WITH BILL

11:30AM-12:30PM

### CYCLE

CYCLING STUDIO WITH ABBY

5-5:30PM

### TRX

STUDIO WITH LISA

5:30-6PM

### TRX SWEAT!

STUDIO WITH LISA

6PM - 7PM

### AERO DANCE (STARTING 10/4)

STUDIO WITH LORI

\*NEW\* 6-6:45PM

### AQUA DANCE

EMERY POOL WITH MIRI

**ALL CLASSES FREE FOR MEMBERS**

**No Registration Required - Just Drop In!**

# FALL I: SEPT. 5 – OCT. 21

## THURSDAY

5:30-6:15AM

**AQUA COMBO -  
TOTAL BODY CHALLENGE**  
EMERY POOL WITH ANDY

8-9AM

**CYCLE**  
CYCLING STUDIO WITH CARLA

8-8:45AM

**DEEP WATER AEROBICS**  
EMERY POOL WITH ABBY

8-9AM

**ADVANCED PILATES & YOGA**  
STUDIO WITH TARA

9-9:45AM

**AQUATIC STRETCH & BALANCE**  
THERAPY POOL WITH IRENE

9:15-10:15AM

**BASIC PILATES, YOGA,  
STRETCH**  
STUDIO WITH LORI

9:15-10:15AM

**SENIORS IN MOTION**  
GYM WITH LOLLY

10AM-12PM

**PICKLE BALL**  
COURT 2 IN THE FIELD HOUSE

5-6PM

**YOGA, CORE, & MORE**  
STUDIO WITH TARA

5:30 - 6:30PM

**ZUMBA**  
COASTAL CLUB ROOM WITH MIRI

6:15-7PM

**KICKBOXING**  
STUDIO WITH JESSIE

## FRIDAY

5:30-6:30AM

**TOTAL BODY CHALLENGE**  
TRACK WITH MEAGAN

8-8:45AM

**AQUA COMBO**  
EMERY POOL WITH LOLLY

8-9AM

**LOW-IMPACT AEROBICS**  
GYM WITH ABBY

11:30AM-12:40PM

**CYCLE & TRX**  
CYCLING STUDIO WITH ABBY

## SATURDAY

8-9AM

**CYCLE**  
CYCLING STUDIO WITH ABBY

8:30-9:30AM

**ZUMBA**  
COASTAL CLUB RM WITH SARAH

9-10AM

**YOGA, CORE, & MORE**  
STUDIO WITH TARA

**Zumba & Pickleball:  
\$5 Drop-in Fee  
for Non-Members**

# LIVESTRONG<sup>®</sup> AT THE YMCA



LIVESTRONG<sup>®</sup>

FOUNDATION

## LIVESTRONG AT THE YMCA FALL SESSION October - December, 2017

LIVESTRONG at the YMCA helps adult cancer survivors reclaim their health and well-being. In this **free** 12-week program, cancer survivors increase strength, develop supportive relationships and increase quality of life.

All cancer patients, survivors, and their caregivers are encouraged to participate. Work with our experienced LIVESTRONG coaches to find support and feel better.

LIVESTRONG is offered at no cost to YMCA members and non-members. If you or someone you know might benefit from this program, contact Abby Jones at 633-2855 or [ajones@brymca.org](mailto:ajones@brymca.org) to reserve your spot. We will set the class at a day and time that works for the group.