



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING CLASSES

SPRING SESSION

APRIL 23 – JUNE 9, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM Total Body Conditioning (TBC) Gym w/Meagan		5:30-6:30 AM Total Body Conditioning (TBC) Cycle Rm w/Meagan		5:30-6:30 AM Total Body Conditioning (TBC) Track w/Meagan	
8-9 AM LoImpact Aerobics Gym w/Abby		8-9 AM LoImpact Aerobics Gym w/Abby	8-9 AM CoreStrength andStretch Studio w/Tara	8-9 AM LoImpact Aerobics Gym w/Abby	8-9 AM Cycle Cycle Rm w/Abby
8:15-9 AM Zumba CC Room w/Sarah H.	9:15-10:15 AM Seniors in Motion Gym w/Abby	8:15-9 AM Zumba CC Room w/Sarah H.	9:15-10:15 AM Seniors in Motion Gym w/Abby		8:30-9:30 AM Zumba CC Rm w/Sarah B.
9-10:15 AM Yoga Flow Studio w/Romee		9-10:15 AM Yoga Flow Studio w/Romee	9-10:30 AM Tai Chi CC Room w/Eric	9-10:15 AM Yoga Flow Studio w/Romee	9-10 AM CoreStrength Stretch Studio w/Tara
9:15-10 AM Senior Sit & Stretch CC Room w/Abby	9:15-10:15 AM PilatesYogaStretch Studio w/Lori		9:15-10:15 AM PilatesYogaStretch Studio w/Lori		
9:15-10 AM Easy Rider Cycle Room w/Bill G.	10:30 AM-12noon LIVESTRONG Studio/Cardio/ Weight Rm w/ Abby Lori & Deb	9:15-10 AM Easy Rider Cycle Room w/Bill G	10:30 AM-12noon LIVESTRONG Studio/Cardio/ Weight Rm w/ Abby Lori & Deb		
11:30-12:15 PM Cycle Cycle Room w/Abby	2-2:45 PM Back in Action Studio w/Nick	11:30-12:15 PM Cycle Cycle Room w/Abby	2-2:45 PM Back in Action Studio w/Nick	11:15AM-12:00 Noon Cycle Cycle Room w/Abby	
5:15-6 PM *NEW* Workout to the Max/Circuit Training CC Rm w/Nick	5-6 PM StepStrongStretch Studio w/Bonnie	5:15-6:15PM *NEW* Cycle Cycle Room w/Tara	5-6 PM StepStrongStretch Studio w/Bonnie	12 – 12:30PM TRX Studio w/Abby	
5-5:30 PM TRX 5:30 - 6 PM TRX Sweat Studio w/Mike	5:30-6:30 PM ZUMBA CC Room w/Sarah B	5-5:30 PM TRX 5:30 – 6 PM TRX Sweat Studio w/Mike			

Boothbay Region YMCA

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