



HEALTHY LIVING

FALL 2 SESSION **October 29 – December 15, 2018**

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM Total Body Challenge (TBC) Gym w/Meagan		5:30-6:30 AM Total Body Challenge (TBC) Cycle Rm w/Meagan		5:30-6:30 AM Total Body Challenge (TBC) Track w/Meagan	
	7-8 AM Yoga Studio w/ Pam				
8-9 AM Aerobics for All Gym w/Abby		8-9 AM Aerobics for All Gym w/Abby	8-9AM Stretch Studio w/ Lolly	8-9 AM Aerobics for All Gym w/Abby	8-9 AM Cycle Cycle Rm w/Abby
8:15-9:15 AM Zumba CC Room w/Monica	8-9 AM CYCLE Cycle Rm w/Carla	8:15-9:15 AM Zumba CC Room w/Monica	8-9 AM CYCLE Cycle Rm w/Carla		8:30-9:30 AM Zumba CC Rm w/Sarah B
9-10:15 AM Yoga Flow Studio w/Romee	9-9:30 AM Strength and Stretch Cycle Rm w/Carla	9-10:15 AM Yoga Flow Studio w/Romee	9-9:30 AM Strength and Stretch Cycle Rm w/Carla	9-10:15 AM Yoga Flow Studio w/Romee	9-10 AM CoreStrength Stretch Studio w/Tara
9:15-10:15 AM Sit & Stretch CC Room w/Lolly	9:15-10:15 AM Seniors in Motion Gym w/Abby		9:15-10:15 AM Seniors in Motion Gym w/Abby	9-10 AM Zumba CC Room w/Monica	
	9:15-10:15 AM PilatesYoga Stretch Studio w/Lori		9:15-10:15 AM PilatesYoga Stretch Studio w/Lori		
11:15AM-12 Noon Cycle Cycle Room w/Abby		11:15AM-12 Noon Cycle Cycle Room w/Abby		11:15AM-12 Noon Cycle Cycle Room w/Lolly	
12 – 12:30PM TRX Studio w/Abby		12 – 12:30PM TRX Studio w/Nick		12 – 12:30PM TRX Studio w/Lolly	
5:15-6:15PM Monday Workout CC Room w/ Tara	5:15-6:15PM CardioStrength Stretch Studio w/Bonnie	5:15-6:15PM CoreStrengthStretch CC Room w/Tara	5:15-6:15PM CardioStrength Stretch Studio w/Bonnie		
5:15-6PM TRX Studio w/Nick	5:30-6:30 PM ZUMBA CC Room w/Sarah B	5:15-6PM TRX Studio w/Nick			

Boothbay Region YMCA

261 Townsend Ave

P 207 633 2855 F 207 633 6865

AEROBICS FOR ALL

Get a full body workout to music with cardio, weights, flexibility, stretching and balance. The Y GYM is the place! Abby Jones leads a fun-filled hour and changes the tunes all the time. Come to have fun, move, stay strong and stretched...for ALL!

CARDIO STRENGTH & STRETCH

Start out with some good, easy to follow heart rate raising (cardio) training, followed by strength training (may use weights or body weight) to strengthen and tone the body. Finish with 10-15 minutes of a relaxing stretch. Great class for all levels!

CORE STRENGTH & STRETCH

Core strengthening & stretching moves to improve balance & strength. This class uses floor mat work, weights and yoga and/or Pilates based stretching.

CYCLE

Still the best low-impact cardio workout around! Following the cues of the instructor, you are in control when it comes to your pace. Whether you're new to Indoor Cycling (aka "Spinning") or not, we will help you set up, get the wheels spinning round and get a great workout.

MONDAY WORKOUT

Monday 5:15pm Tara's back and this class gives you a little of everything you need! Cardio, strength and stretch! Do it!

ROCK STEADY BOXING for Parkinson's

Led by certified Rock Steady trainer, Nick Rippy, this program involves regular exercises (stretching, balancing, moving and yes, non-contact shadow boxing and boxing bag work.) Please call the Y, if you or someone you know, might benefit from this evidence-based program that can make a real difference for anyone with Parkinson's.

PILATES YOGA STRETCH

A combination of Pilates, Yoga and stretching for balance, strength & flexibility. This class is suited for all levels, especially those seeking a slightly slower and gentle pace.

SIT & STRETCH

A variety of cardio, weights, flexibility and balance led at a supportive pace. Much like "Chair Yoga" participants may use a chair and be seated for some or all the class.

SENIORS IN MOTION

Fun movement and aerobics, Strength Building and Stretching to music – all at a slightly slower pace for the mature participant. Can be done standing or seated! One of the most popular classes at our Y.

TOTAL BODY CHALLENGE

Join this challenging workout -- Cycling, running, weights, boot camp and track workouts. Get up and get moving with this 5:30am MWF class!

TRX

Strength and flexibility exercises for all major muscle groups using TRX Suspension Trainers (the straps that hang from the ceiling!) Great for both building strength AND stretching. This class appropriate for both beginners and more experienced "TRX-ers."

YOGA

A "wake you up" yoga based class. Of course, you moderate to your own level, but this class is designed to be as powerful as you can make it. Make it your own and feel great.

YOGA FLOW

With the best yoga instructor you will find, Romee Mae. Yoga releases tension, awakens vitality, builds strength, and increases flexibility. Romee welcomes and encourages all bodies and she expertly and kindly helps you to find your own yoga practice, best suited for you!

ZUMBA®

Let the party begin! Dynamic, exciting and effective Latin inspired dance class with certified, welcoming and easy to follow instructors. You'll feel great and love it!

AQUA COMBO

Shallow and deep water components with a variety of resistance exercises.

AQUATIC STRETCH & BALANCE

This class in the warm water therapy pool keeps the joints flexible, muscles strong, and helps reduce pain associated with arthritis. Exercising in the water is a safe way to improve balance and increase strength and your fitness level.

DEEP WATER AEROBICS

Ideal for those looking to challenge themselves without stress on their joints.

AQUA ZUMBA

Aqua Zumba blends the Zumba philosophy and music with classic water aerobics moves. With low impact to joints, this class can allow you to let loose. The water creates a natural resistance, which means every step is more challenging and helps tone muscles. Come join the FUN at the pool! No experience necessary.