



HEALTHY LIVING

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	7-8 AM Yoga Studio w/Pam	5:30-6:30 AM Total Body Challenge (TBC) Cycle Rm w/Meagan	NEW 8AM-9AM ROMEE'S Cardio Classic! Studio w/Romee 11/14/19-1/2/20 \$	5:30-6:30 AM Total Body Challenge (TBC) Track w/Meagan	
8-9 AM Aerobics for All Gym w/Abby	8-9 AM Tai Chi One for Strength & Balance CC Rm w/Robin \$	8-9 AM Aerobics for All Gym w/Abby	8-9 AM Tai Chi One for Strength & Balance CC Rm w/Robin \$	8-9 AM Aerobics for All Gym w/Abby	8-9 AM Cycle Cycle Rm w/Abby
8-9 AM Zumba CC Room w/Monica	8-9 AM Cycle Cycle Rm w/Carla	8-9 AM Zumba CC Room w/Monica	8-9 AM Cycle Cycle Rm w/Carla	8-9 AM Zumba CC Room w/Sarah H	8-9 AM Zumba CC Rm w/Sarah B.
9-10:15 AM Yoga Studio w/Romee	9-10:15 AM PilatesYogaStretch Studio w/Lori	9-10:15 AM Yoga Studio w/Romee	9-10:15 AM PilatesYogaStretch Studio w/Lori	9-10:15 AM Yoga Studio w/Romee	9-10 AM CoreYogaStretch Studio w/Tara
	9-10 AM Tai Chi 2 for Strength & Balance CC Rm w/Robin \$		9-10 AM Tai Chi 2 for Strength & Balance CC Rm w/Robin \$		
9:15-10:15 AM Sit n Stretch now with Qi Gong CC Room w/Judy	9:15-10 AM Seniors in Motion GYM w/Abby		9:15-10 AM Seniors in Motion GYM w/Abby		
NEW 9:15-10AM Pedaling for Parkinsons Studio w/Lolly Starts 1/13/20 \$		NEW 9:15-10AM Pedaling for Parkinsons Studio w/Lolly Starts 1/13/20 \$			
NEW 10:15-11:15AM Enhance Fitness CC Room w/Abby Starts 11/18/19 \$	10:30-11:30 AM Rock Steady for Parkinson's Studio w/Abby	NEW 10:15-11:15AM Enhance Fitness CC Room w/Abby Starts 11/18/19 \$	10:30-11:30 AM Rock Steady for Parkinson's Studio w/Abby	NEW 10:15-11:15AM Enhance Fitness CC Room w/Abby Starts 11/18/19 \$	
11:15 AM-12 noon Cycle Cycle Rm w/Lolly	10:30-12noon LIVESTRONG CC Room w/Lori & Deb April & Sept. 2020	11:15 AM-12:10 PM Cycle Cycle Rm w/Bill	10:30-12noon LIVESTRONG CC Rm w/Lori & Deb April & Sept. 2020	11:15 AM-12 noon Cycle Cycle Rm w/Abby	
12-12:30 PM TRX Studio w/Lolly				12-12:30 PM TRX Studio w/Abby	
5-5:30 PM TRX Studio w/Abby or Lolly	4 PM-5:15 PM QiYoga Studio w/Judy \$	4PM - 5PM Yoga Studio w/Steph	4-5 PM LOSE IT w/the Y Studio w/Nikki Starts 1/16/20 \$		
5:30-6 PM CardioKickboxing Barre Circuit Studio w/Abby or Lolly	5:15-6 PM StepStrengthStretch Studio w/Tara	5-5:45 PM TRX Studio w/Abby or Lolly	5-6 PM LOSE IT w/the Y Studio w/Nikki Starts 1/16/20 \$		
6:15- 7:15 PM Yoga Studio w/Isabella	5:15-6:16 PM ZUMBA CC Room	5:15-6:15PM YOGA SCULPT CC Room w/Steph			

AEROBICS FOR ALL

Get a full body workout to music with cardio, weights, flexibility, stretching and balance! The Y GYM is the place! A fun-filled hour with new tunes all the time. Come to have fun, move and stay strong...for men and women, young and not so young – for ALL.

BOOTHBAY SUMMER BOOTCAMP –summer only

Each summer Catherine brings a great mix-it-up, high energy cardio, strength, agility, core and empowerment workout through a variety of formats and fun. Sweat-inducing interval training, kick boxing and “steady-state”, as well as a peaceful stretch.

CARDIO KICKBOXING CIRCUIT – 30 minutes!

Get your Monday evening workout, with a circuit of cardio, kickboxing, barre, and strength work. Great class for anyone, but especially if you want a 30 min. “in and out” challenge.

CORE YOGA STRETCH

Core and other strengthening exercises to improve balance, flexibility and strength with special attention to the core (abs, back and middle.) Uses standing and floor work, weights and yoga or pilates movement. One of our most popular classes.

CYCLE

Still the best low-impact cardio workout around! With instructor cues, you are in control when it comes to your pace. Whether you're new to Indoor Cycles (aka “Spinning”) or not, we'll help you set up and get a great workout.

ENHANCE FITNESS

A group exercise program suitable for any older adult, using simple, easy-to-learn, movements that help motivate participants to stay active throughout their lives.

LIVESTRONG AT THE Y

A small group, evidence based 12-week, FREE and supportive exercise program for cancer survivors. Spring session begins in March 2020

PEDALING FOR PARKINSONS

A 20-40 min. indoor cycle class designed to benefit those with Parkinsons Disease.

PILATES YOGA STRETCH

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

QIYOGA – QIGong and Yoga Combo

Stress reduction, stretching, breathing, anti-aging! Join local, experienced Qi Gong instructor, Judy Milenowski, for 8 weeks

ROCK STEADY /Boxing and Fitness for Parkinson's

This program involves regular exercise (stretching, balancing, moving and non-contact boxing!) We try to have fun, while working out, too. This program that can make a real difference!

ROMEES CARDIO CAMP

Join our amazing yoga leader, in a NEW Thurs. morning class that will raise your heart rate with easy to follow “cardio/movements.” Aerobics and Yoga combined – for all levels! Class includes a warm-up with increasing intensity to build stamina and coordination with yoga moves and stretching to cool down.

SIT & STRETCH

A variety of movement, weights, flexibility and balance – using a chair! Much like “Chair Yoga” participants are seated for most, or all of the class.

SENIORS IN MOTION

A great class with music at a slightly slower pace includes movement, light weights and standing stretches. This class does not get on the floor, but may use the wall and/or chairs for balance and support.

STEP STRENGTH STRETCH

A great workout using the step and other tools. Approximately 20 minutes cardio, 20 minutes strength and 20 minutes stretch.

STRETCH & RELEASE

Release tension and elongate muscles through this deep stretching class which leaves you refreshed and relaxed from head to toe. No experience necessary.

TAI CHI FOR STRENGTH AND BALANCE

Level 1, for beginners, Level 2, when complete Level 1.

A low impact exercise in slow movements that are easy on joints and can be done seated or standing. An excellent program for health and well-being. This program can help prevent falls and relieve pain, with focus on strength, balance and mental health.

TOTAL BODY CHALLENGE

Join these great workouts! Cycling, running, weights, boot camp and track workouts. Get up and get moving, 5:30am, MWF.

TRX

Total Body Resistance Exercise (TRX) for all muscle groups using TRX Suspension Trainers (the straps that hang from the ceiling!) Great for both strength and stretching. Beginners and experienced TRX-ers welcome.

YOGA

A movement flow, with breathing and meditation that makes you healthier in body, mind and spirit. Of course, moderate and move to your own level. “Romee’s Yoga” classes are MWF at 9am. “Steph’s Yoga” classes are Weds. at 4 and 5:15. “Isabella’s Yoga” is Mon. at 6:15pm. You are in good hands with each instructor!

YOGA SCULPT

Join Steph build strength with weights, exercises and yoga based moves in this 45 minute class. If you want a strength class – this is it! For men, women and all levels. Wednesdays 5:15 pm.

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.