



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OCTOBER 2018 BREAK WEEK

Land Classes Schedule

Monday 10/22 – Saturday 10/27

Monday October 22

5:30am Total Body Conditioning
8am Aerobics w/Abby-Gym
8:15am Zumba w/Monica-CC Rm
9am Yoga Flow w/Romee-Studio
9:15am Sit n Stretch w Lolly-CC Rm
11:15am Cycle w/Abby-Cycle Rm
12noon TRX w/Abby-Studio
5:15pm TRX w/Nick-Studio

Tuesday October 23

8am Cycle w/ Carla-Cycle Rm
9:15am Srs. in Motion w/Abby-Gym
9:15am PiYoStretch w/Lori-Studio
10:30am LIVESTRONG-CC Rm
2pm Back in Action w/Nick-Studio
5:15pm StepnMore w/Bonnie-Studio
5:30pm Zumba w/ Sarah B-CC Rm

Wednesday October 24

5:30am Total Body Conditioning
8am Aerobics w/Abby-Gym
8:15am Zumba w/Monica-CC Rm
9am Yoga Flow w/Romee-Studio
11:15am Cycle w/Abby -Cycle Rm
12noon TRX w/Nick-Studio
5:15pm Core n More w/Tara-CC Rm
5:15pm TRX w/Nick-Studio

Thursday October 25

8am Cycle w/Carla-Cycle Rm
8am Stretch w/Lolly-Studio
9:15am Srs. in Motion w/Lolly-Gym
9:15am PiYoStretch w/Lori-Studio
10:30am LIVESTRONG-CC Rm
5:15pm Barre w/ Lolly-CC Rm

Friday October 26

5:30am Total Body Conditioning
8am Aerobics w/Lolly-Gym
9am Yoga Flow w/Romee-Studio
11:15 Cycle w/Lolly-Gym
12noon TRX w/Lolly-Studio

Saturday October 27

8am Cycle w/Lolly-Cycle Rm
8:30am Zumba w/Sarah B-CC Rm

BOOTHBAY REGION YMCA

261 Townsend Avenue, P.O. Box 500, Boothbay Harbor, ME 04538
Tel: 207.633.2855 · Fax: 207.633.6865 · www.boothbayregionymca.org