



# HEALTHY LIVING

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUMMER SESSION

JUNE 18 – AUGUST 24, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Gym w/Meagan		5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Cycle Rm w/Meagan		5:30-6:30 AM <b>Total Body Challenge (TBC)</b> Track w/Meagan	
8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>CYCLE</b> Cycle Rm w/Carla	8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>CYCLE</b> Cycle Rm w/Carla	8-9 AM <b>Aerobics for All</b> Gym w/Abby	8-9 AM <b>Cycle</b> Cycle Rm w/Abby
8:15-9 AM <b>Zumba</b> CC Room w/Monica	9:15-10:15 AM <b>PilatesYogaStretch</b> Studio w/Lori	8:15-9 AM <b>Zumba</b> CC Room w/Monica	9:15-10:15 AM <b>PilatesYogaStretch</b> Studio w/Lori		8:30-9:30 AM <b>Zumba</b> CC Rm w/Sarah B
9-10:15 AM <b>Yoga Stretch</b> Studio w/Romee	9:15 AM – 10:30 AM <b>BOOTCAMP 2018 with BARRE!</b> Gym w/ Catherine START 7/3	9-10:15 AM <b>Yoga Stretch</b> Studio w/Romee thru 6/29 w Lolly 7/2-8/31	9:15 AM – 10:30 AM <b>BOOTCAMP 2018 with BARRE!</b> Gym w/ Catherine STARTS 7/3	9-10:15am <b>Friday Flow</b> Studio w/Romee thru 6/29  <b>8-9AM*NEW TIME w/Tara 7/2-8/31</b>	9-10 AM <b>CoreStrength Stretch</b> Studio w/Tara
9:15-10:15 AM <b>Srs. n Motion and Sit and Stretch</b> CC Room w/Abby			9:15-10:15 AM <b>Srs. n Motion</b> CC Room w/Lolly		
	10:30 AM-12noon <b>ROCK STEADY PARKINSON'S</b> <b>*NEW*</b> Studio w/ Nick		10:30 AM-12noon <b>ROCK STEADY PARKINSON'S</b> <b>*NEW*</b> Studio w/ Nick		
11:15AM-12 Noon <b>Cycle</b> Cycle Room w/Abby	2-2:45 PM <b>Back in Action</b> Studio w/Nick	11:15AM-12 Noon <b>Cycle</b> Cycle Room w/Abby	2-2:45 PM <b>Back in Action</b> Studio w/Nick	11:15AM-12 Noon <b>Cycle</b> Cycle Room w/Lolly	
12 – 12:30PM <b>TRX</b> Studio w/Abby	5-6 PM <b>StepStrongStretch</b> Studio w/Bonnie	12 – 12:30PM <b>TRX</b> Studio w/Abby		12 – 12:30PM <b>TRX</b> Studio w/Lolly	
5:15-6:15PM <b>*NEW*</b> <b>BARRE Workout</b> CC Room w/Tara,Lolly	5:30-6:30 PM <b>ZUMBA</b> CC Room w/Sarah B	5:15-6:15PM <b>Cycle</b> Cycle Room w/Tara	5-6PM <b>*NEW*</b> <b>BARRE Workout</b> CC Room w/Lolly		
5:15-6PM <b>TRX – Basic and Advanced</b> Studio w/Nick	6:30PM <b>*NEW*</b> <b>GO RUN!</b> Meet at the Y and GO for a RUN!!!	5:15-6:15PM <b>TRX – Basic and Advanced</b> Studio w/Nick	6pm - Make Your Own... <b>"SALADS IN A JAR"</b> Thursdays July 12, 19 & 26th		

**Boothbay Region YMCA**

261 Townsend Ave

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### **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 and stay strong...for ALL!!!

### **BACK IN ACTION**

Focus on decompressing the spine, releasing tension in the muscles of the back and the areas surrounding.

A class for all levels and abilities, especially for those with back issues. May get on the floor, but also can be done seated. A great chance to work with, and learn from, experienced Personal Trainer, Nick Rippy!

### **BARRE WORKOUT**

No clothes required (KIDDING!) Wear comfortable clothes and SHOES are optional. This workout is a series of movements that strengthen the entire body and ensure that no muscle is overlooked. Barre includes a combination of functional strength, dance, Pilates and Yoga, using the Ballet Barre for some of the exercises, as well as floor and other standing exercise off the Barre. Handweights, exercise balls and bands may also be used, all with a focus on alignment, posture and balance.

### **BOOTCAMP SUMMER 2018 now with BARRE!**

Join returning dynamic summer instructor, Catherine Giles-Stecher, as she brings a fun "mix-it-up, you can do it, circuit training" type class with a variety of exercises and music using the open space of the Y gym! A challenge perhaps, but easily modified for all. This summer Catherine will add 15min. of the latest Barre Training exercises, on top of her step, jacks, walk/jogging, jump roping, kickin, core, push-ups, tabata and burpee good time!

### **CORE STRENGTH & STRETCH**

Core strengthening & stretching moves to improve balance & strength.

### **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 Cycles (aka "Spinning") or not, we will help you set up on our special Cycles, and get the wheels spinning round.

### **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!) Please call the Y, if you or someone you know, might benefit from this evidence-based program that can make a real difference.

### **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.

### **SENIORS IN MOTION**

A variety of cardio, weights, flexibility and balance led at a supportive pace.

### **SIT & STRETCH**

A slower paced chair yoga class focusing on flexibility and balance. Most exercises are done sitting in a chair.

### **STEP & STRENGTH**

A great workout using the step and other tools to tone your body.

### **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**

Basic strength exercises for all major muscle groups using TRX Suspension Trainers (yes, it's the straps that hang from the ceiling!) Great for both building strength AND stretching and appropriate for beginners and more experienced "TRX-ers."

### **YOGA HOUR OF POWER – 7am Thursdays**

A rockin, wake you up, powerful yoga based class. Of course, you moderate to your own level, but this class is designed to be an hour of POWER!

### **YOGA STRETCH**

Release tension, awaken vitality, build strength, and increase flexibility with this moderate yoga practice suited for most ability levels.

### **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.

### **ZUMBA AQUA DANCE**

Aqua Dance is a great water workout for all, led by experienced dance fitness instructors. Dance and move to fun music, in the shallow end of our Emery Pool. This class is similar to a land-based Zumba class, but in the pool. Extra emphasis on core/abdominal toning and FUN! No experience needed.