HEALTHY LIVING

WINTER SESSION
January 2, 2019

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*	
8-9 AM **Aerobics for All** Gym w/Abby	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*	8-9 AM **Cycle** Cycle Rm w/Abby
8:15-9 :15AM **Zumba** CC Room w/*Sarah H.*		8:15-9:15 AM **Zumba** CC Room w/*Sarah H*			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*		9-10AM **Zumba** CC Room w/Sarah H	9-10 AM **CoreStrength Stretch** Studio w/*Tara*
9:15-10:15 AM **Sit n Stretch** CC Room w/*Abby*	9:15-10:15 AM **PilatesYogaStretch** Studio w/*Lori*	**NEW!** **10:30 – 11:30 AM** **YOGA DANCE!** **Studio w/Romee**	9:15-10:15 AM **PilatesYogaStretch** Studio w/*Lori*	9-10:15 AM **Yoga Flow** *Studio w/Romee*	
11:15AM-12:00PM **Cycle** Cycle Room w/*Abby*	9:15-10:15 AM **Seniors n Motion** Gym w/Abby	11:15AM-12:00PM **Cycle** Cycle Room w/*Abby*	9:15-10:15 AM **Seniors n Motion** Gym w/Abby	11:15AM-12:00PM **Cycle** Cycle Room w/*Abby*	
	10:30-11:30 AM **Rock Steady for Parkinson's** Gym w/Abby		10:30-11:30 AM **Rock Steady for Parkinson's** Gym w/Abby	12:00-12:30 PM **TRX** Studio w/Abby	
5:15-6:15PM **CardioStrength Stretch** CC Room *w/ Tara*	5:15-6:15PM **CardioStrength Stretch** Studio w/*Bonnie*	5:15-6:15PM **CoreStrength Stretch** CC Room *w/Tara*	5:15-6:15PM **CardioStrength Stretch** Studio w/*Bonnie*		
5:15–6PM **TRX** Studio *w/Abby*	5:30-6:30PM **ZUMBA** CC Room w/*Sarah B*	5:15–6PM **TRX** Studio w/*Abby*	***6PM Jan. 3rd** **LOSE IT with the Y Orientation Mtg.** **CC Room w/Abby**		

***LOSE IT WITH THE Y!!! 2019 New Year's Resolution PROGRAM!**

Come with a Team of 4 or we'll find you a team! Meet/Workout with your selected Trainer 2x/Week for 8 weeks - at times agreed upon by your team and trainer. Lose weight OR maintain weight OR find a New Year's workout routine! Contact Abby Jones, Health and Wellness Coordinator at ajones@brymca.org

Boothbay Region YMCA
261 Townsend Ave
P 207 633 2855

AEROBICS FOR ALL
Get a full body workout to music with cardio, weights, flexibility, stretching and balance. The Y GYM is the place! Abby leads a fun-filled hour and changes the tunes all the time, under the umbrella of compassion for self and for other. No competition, fitness in community. Kindness is the key. Come to have fun, move, stay strong and stretched...for ALL!!!

CARDIO STRENGTH STRETCH
A great all-around workout that gives you heartrate raising moves and muscle building strength work followed by a good stretch and other tools to tone your body. Instructors may suggest using a step or other gym tools to tone, sculpt and train. Monday 5:15pm with Tara, Tuesday and Thursday 5:15pm with Bonnie. This class gives you a little of everything you need! Cardio, strength and stretch!

CORE STRENGTH STRETCH
Yoga and Pilates based strengthening & stretching moves to improve total body balance, flexibility and strength with special attention to the core (abs, back and mid-section.) This class uses standing and floor mat work, weights and yoga and/or pilates based stretching. One of our most popular classes not offered Weds. evening and Sat. morning.

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.

LIVESTRONG for Cancer Survivors
Led by certified LIVESTRONG instructors -Abby Jones and Lori Murray, this small group evidence based12-week FREE exercise program for cancer survivors. It can get you moving and keep you going, build strength, and improve general well-being. You will find support, friendship and listening ears. When joining this group you help others as well as helping yourself. NEXT SESSION BEGINS MID-March 2019

ROCK STEADY BOXING for Parkinson's
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 Disease.

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 N MOTION
A great fitness class with fun music at slower pace. Movement, light weights and standing stretches that help mobility and posture. This class welcomes new members! Try a few minutes, to see if this class might be for you.

SIT N 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.

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 (Total Body Resistance Exercise)
Sstrength and flexibility exercises for all major muscle groups using TRX Suspension Trainers (straps hang from the ceiling!) Developed by a Navy Seal, this class can be very appropriate for both beginners and more experienced "TRX-ers."

YOGA
A wake you up, 7am yoga class with certified yoga instructor and massage therapist! -- Pam. Good for all levels, a great way to start your day with movement, motivation and peace.

YOGA DANCE – NEW!!
A joyous healthy flowing movement class with inspiring music that makes you want to dance! Led byYoga Dance Instructor – Romee, who helps you move with care and encouragement every step of the way to make you feel great and have fun.

YOGA FLOW
With the best yoga instructor you will find, Romee Mae. Yoga rreleases 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.

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.