



HEALTHY LIVING

March 4, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	
8:00-9:00AM Zumba CC Rm w/Sarah H		8:00-9:00AM Zumba CC Rm w/Sarah H		8:00-9:00AM Zumba CC Rm w/Sarah H	8:00-9:00 AM Zumba CC Rm w/Sarah B	
9-10:15 AM Yoga Flow Studio w/Romee	9:15-10:15 AM PilatesYoga Stretch Studio w/Lori	9-10:15 AM Yoga Flow Studio w/Romee	9:15-10:15 AM PilatesYoga Stretch Studio w/Lori	9-10:15 AM Yoga Flow Studio w/Romee	9-10 AM Core Strength & Stretch Studio w/Tara	
9:15-10:15 AM Sit n Stretch CC Room w/Lori	9:15-10:15 AM Seniors n Motion Gym w/Abby		9:15-10:15 AM Seniors n Motion Gym w/Abby			
11:15AM-12PM Cycle Cycle Room w/Abby	10:30-11:30AM Rock Steady for Parkinson's Studio w/Abby	11:15AM-12PM Cycle Cycle Room w/Abby	10:30-11:30AM Rock Steady for Parkinson's Studio w/Abby	11:15AM-12PM Cycle Cycle Room w/Abby		1:30-3:00 PM Zumba CC Room * Mar. 3 rd – May 19 th
				12:00-12:30 PM TRX Studio w/Abby		
5:15-6:15PM Cardio Strength & Stretch CC Room w/ Tara	5:15-6:15PM Cardio Strength & Stretch Studio w/Bonnie	5:15-6:15PM Core Strength & Stretch CC Room w/Tara	5:15-6:15PM Cardio Strength & Stretch Studio w/Bonnie			4:00-4:45 PM Yoga Studio w/Isabella *New begins 3/17
5:00-5:45PM TRX Studio w/Abby	5:30-6:30PM ZUMBA CC Room w/Sarah B	5:00-5:45PM TRX Studio w/Abby	5:15-6PM Chair Cardio & Stretch CC Room w/ Erin *New begins 3/14			
6:30-7:15 PM Yoga Studio w/ Isabella *New begins 3/11			6:30-7:15 PM Yoga Studio w/ Isabella *New begins 3/14			

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!

CHAIR CARDIO & 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.

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 now 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 based 12-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 APRIL 23rd 2019

ROCK STEADY 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 w/ Isabella

Finish your day with a 6:30pm class on Monday and Thursday evenings. Good for all levels, a great way to end your day with movement, motivation, relaxation and peace.

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! 6 Classes throughout the week Monday- Sunday!

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.

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.