



Penobscot Bay YMCA INDOOR/OUTDOOR CLASSES September 21-26

PLEASE NOTE: Classes meet in the Lily Pond Yoga Parking Lot unless otherwise noted. Only if there is precipitation will a class be cancelled. Instructor will communicate changes through email. Please contact our Front Desk to make sure your email address is up-to-date. Thank you.

MONDAY

- 6:45-7:30 AM Advanced Strength & Conditioning (Theo)
- 8:00-8:45 AM Total Body Cardio & Strength (Theo)
- 8:00-8:45 AM Outdoor Cycle (Willie)
- 9:15-10:00 AM Beginner Outdoor Cycle (Theo)
- 11:30 AM-12:15 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)
- 12:45-1:30 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)
- 5:00-5:45 PM Total Body Cardio & Strength (Theo)

TUESDAY

- 5:45-6:45 AM Total Body Cardio & Strength (Theo)
- 8:00-8:45 AM Outdoor Cycle (Norm)
- 12:00-12:45 PM Outdoor Cycle (Dan)
- 5:00-5:45 PM Outdoor Cycle (Theo)

WEDNESDAY

- 6:45-7:30 AM Advanced Strength & Conditioning (Theo)
- 8:00-8:45 AM Total Body Cardio & Strength (Theo)
- 8:00-8:45 AM Outdoor Cycle (Willie)
- 9:15-10:00 AM Beginner Outdoor Cycle (Theo)
- 11:30 AM-12:15 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)
- 12:45-1:30 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)
- 5:00-5:45 PM Total Body Cardio & Strength (Theo)

THURSDAY

- 5:45-6:45 AM Total Body Cardio & Strength (Theo)
- 8:00-8:45 AM Outdoor Cycle (Theo)
- 12:00-12:45 PM Outdoor Cycle (Dan)
- 5:00-5:45 PM Outdoor Cycle (Theo)

FRIDAY

- 5:45-6:30 AM Indoor Cycle (Theo)
- 8:00-8:45 AM Outdoor Cycle (Norm)
- 9:15-10:00 AM Beginner Outdoor Cycle (Norm)
- 11:30 AM-12:15 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)
- 12:45-1:30 PM Senior Strength, Stability & Balance (Inside the Y with Sandy)

SATURDAY

- 8:00-9:00 AM Saturday Cycle (Theo)
- 9:00-10:15 AM Yoga with Hanna



MEMBER REGISTRATION: ONLINE OR CALL 236.3375
www.penbayymca.org