

# ACHIEVING A HEALTHY BALANCE SENIORS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## PENOBSCOT BAY YMCA

PO Box 840 • 116 Union Street

Rockport, Maine 04856

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Sandy Bodamer - [sbodamer@penbayymca.org](mailto:sbodamer@penbayymca.org)

Fall I Session: September 3 - October 27

## HEARTWATCH

Location: Penobscot Bay YMCA

You will be on a path to recovery with this specially designed program for post cardiac event patients. Heartwatch is a phase IV cardiac rehab program designed to lead participants through a basic fitness program.

Monday, Wednesday & Friday: 7:00 - 8:00 AM

Cost: \$62 per month

Instructors: Sandy Bodamer, Dan Seefahrt & Norm Parratt

## HEALTHY SENIORS at the Rockland Harbor YMCA

This low impact, total body workout is designed for all individuals, from beginners to intermediate fitness levels. It includes balance, core strength, flexibility and strength training. Chairs, bands, weights and balls are used for this fun and energetic class.

Mon. Wed. and Fri.: 1:00 - 1:45 PM (Rockland Harbor YMCA)

Cost: Free Members / \$25 Participants

Instructors: Sandy Bodamer

## SENIOR STRENGTH, STRETCH & BALANCE

Location: Penobscot Bay YMCA

Active Older Adults can experience a simple, one hour program introducing the basic components of fitness: strength, balance, flexibility and relaxation. Please join us for friendship, fitness and fun as you build greater self-confidence and independence!

Monday, Wednesday\* and Friday: 10:45 - 11:45 AM

\*Wednesday class ends at 11:30 AM

Cost: Free Members / \$80 Participants

Instructor: Sandy Bodamer

## DANCE YOURSELF FIT

Location: Penobscot Bay YMCA

This exhilarating cardio class will keep you grooving while using easy to follow moves combining fast and slow rhythms and intervals to tone and sculpt your body while burning calories. Radio hits, pop, hip hop and country music will guide you while improving your coordination, balance, cardio fitness and most importantly—MOOD!

Tuesday & Thursday: 10:45 - 11:45 AM

Cost: Free to Members / \$15 per class drop in Participants

Instructor: Becky Dunton



## Senior Social & Educational Opportunities

### THE HUMAN ENERGY SYSTEM

Thursday, September 12

11:30 AM - 1:00 PM

Location: Rockland Harbor YMCA

Join Diana Maria Chapin, Intuitive Energy Healer & Meditation Guide for a discussion on the human energy system to help people understand that they are much greater than their physical being. Through standing and walking meditation we can enhance our overall well-being, sense of peace and clarity of mind.

Cost: Free!

Register today by calling 593-8500



### THIRD THURSDAY BOOK CLUB

Thursday, September 19

Thursday, October 17

11:30 AM - 12:30 PM

The return of the book club!

Please bring a lunch and a list of books you might like to read!

Do you enjoy a good book and a lively discussion?

We do too and hope you will join us!

Cost: Free!



### FIRST DAY OF AUTUMN

Monday, September 23

3:00-4:00 pm

Join us for the Autumnal Equinox, with a picnic and hike at Beech Hill Preserve. A short walk up an old farm road to the top of the hill and stunning views!

Cost: Free!

We will meet in the parking lot or at the stone wall!



### Trick or Treat! CRAFT CHOCOLATE AND TASTING TOUR!

Thursday, October 31

11:30 AM - 12:30 PM

Join us at the RHY for a walk on the boardwalk to Bixby & Co., One Sea Street Place, Rockland. From bean to bar chocolate, we will see how the finest ingredients create the finest chocolate bars in Maine!

Cost: Free!

