

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

207.236.3375 • www.penbayymca.org

Sandy Bodamer - sbodamer@penbayymca.org

Spring I Session: February 26-April 15

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 III and IV cardiac rehab program designed to lead participants through a basic fitness program. The program is supervised by nurses and has a fitness specialist on staff during the class to help with each individual. Special care is taken to ensure the health and safety of the participant: blood pressure and heart rate will be monitored constantly during all workouts.
Monday, Wednesday & Friday: 7:00-8:00 AM
Cost: \$62 per month
Instructor: Sandy Bodamer

PICKLE-BALL®! (Location: Pen Bay YMCA Gym)

Pickle-Ball is designed to be easy to learn and play, whether you're five, eighty-five or somewhere in between. Played with a paddle on a court or in the yard, Pickle-Ball is a cross between badminton, tennis, and ping-pong.
Tuesday and Thursday: 8-10am
Cost: Free Members / \$3 Participants

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 / \$20 Participants
Instructors: Sandy Bodamer

SENIOR STRENGTH, STRETCH & BALANCE

(Location: 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



ZUMBA® GOLD (Location: Penobscot Bay YMCA)

Zumba® Gold takes all the excitement from the original Zumba® class and introduces it to the active older adult, the true beginner, and anyone needing modifications for success. With its Merengue, Salsa, Cha Cha, Cumbia, Belly dance, Flamenco, Tango and Rock and Roll rhythms, Zumba® Gold is about much more than a total body workout—it might be the easiest and most joyful way to stay healthy for life.
Tuesday and Thursday: 10:45-11:45 AM
Cost: Free Members / \$15 drop-in fee per class

Senior Social & Educational Opportunities

AGE MANAGEMENT SKIN CARE

Do you want to do something to make your skin healthier and look fresher? Learn how your skin ages, what affects the aging process has (internally and externally) and the treatments that can slow down the damage and improve your skin! Kate Martino, licensed aesthetician, electrologist and reflexologist specializes in age management skin care and will bring her expertise to this luncheon.
Tuesday, March 20th from Noon - 1:30 PM
Location: Penobscot Bay YMCA*
***Bring your own lunch if desired**
Cost: Free to all!
Register by calling 236.3375



FLEXIBILITY AFTER 50

Jan Sokoloff, former Bodyforging fitness instructor, will join us for a talk and demonstration on the benefits of exercise for the older adult. Exercises designed to improve flexibility and balance will be provided to encourage older adults. Maintaining a greater control of your health and well-being is the goal!
Thursday, April 19th from 11:30 AM - 1:00 PM
Location: Penobscot Bay YMCA
Cost: Free to the community!
Register by calling 236-3375

