

# 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](http://www.penbayymca.org)

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

Spring II Session : April 24 - June 11

**100**  
YEARS YOUNG!

### SIT AND BE FIT! (Location: Teen Center)

A slower pace chair exercise class focusing on strength, flexibility and balance. For the beginner, most exercises are done sitting in a chair. **NO CLASS 5/16**

**Tuesday and Thursday: 10:15-11AM**

**Cost: Free Members / \$20 Participants**

**Instructor: Sandy Bodamer**

### HEARTWATCH (Location: 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: 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: 9:00-11:00 AM**

**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 and Victor Gould**

### 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 end at 11:30pm**

**Cost: Free Members / \$80 Participants**

**Instructor: Sandy Bodamer**

### ZUMBA® GOLD (Location: 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: 10:40-11:40 AM**

**Cost: Free Members / \$80 Participants**

### TIME OUT TUESDAY SERIES

#### TIP TOE THROUGH THE TULIPS!

**Tuesday, May 16**

**9:30 AM - 2:00 PM**

Join us for a field trip to the Coastal Maine Botanical Gardens in Boothbay! This ultimate group getaway will include a docent guided walking tour of the gardens and lunch in the Kitchen Garden Café. A perfect way to enjoy spring in Maine! Reserve your seat by May 8th as there are only 13 seats available!

**Reservations and payment required by May 8th.**

**Cost: \$35 per person - includes transportation, admission, guided tour and lunch. RSVP to 236.3375.**

