

# 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)

Summer Session: June 19 - August 13

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.

**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. Blood pressure and heart rate will be monitored during all workouts.

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

**Cost: \$62 per month**

**Instructor: Sandy Bodamer**

### 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: 10:15-11:15AM**

**Cost: Free Members / \$140 Participants**

**Instructor: Becky Dunton**

## TIME OUT TUESDAY SERIES

### MEDICINAL GARDEN TOUR

**Wednesday, June 14**

**3:00-5:00 PM**

**Reservations and payment required by June 12**

**Cost: \$10 (includes transportation & guided tour)**

Join us for a field trip to the gardens of Avena Botanicals in Rockport and enjoy a delightful tour led by herbalist Deb Soule, who will speak about a variety of medicinal and pollinator plants.



**See the world's first exhibition of authentic pirate treasure at the Portland Science Center!**

**Coming Ashore - Thursday, Aug. 3**

**9:00 AM - 3:00 PM**

**Space is limited to 13 participants**

**Cost: \$20 (includes admission & transportation. We will be stopping for lunch at participant's cost)**

**Reserve your spot by July 24th!**

The age of piracy comes to life in Portland with **Real Pirates:**

**An Exhibition from National Geographic.** The 10,000 square-foot interactive exhibition showcases more than 200 artifacts, including everyday objects, personal items, and treasures, from the first fully authenticated pirate ship ever to be discovered in U.S. waters.

