

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

Summer Session: June 18-August 12

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 and Dan Seefahrt

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: 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

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

Instructor: Becky Dunton

Senior Social & Educational Opportunities SAVE THE DATES!

FIRST DAY OF SUMMER!

Thursday, June 21

11:30 AM - 1:00 PM

Join us for the solstice, the longest day of the year with a picnic and hike at the Camden Snow Bowl! Bring something to share and we will enjoy a picnic at the lodge and a 1.3 mile hike on the Hosmer Brook Trail!

Cost: Free! Register today by calling 236.3375



SUNNY SUMMER SOCIAL FOR SENIORS!

Tuesday, August 14

11:30 AM - 12:30 PM

Location: Penobscot Bay YMCA

Who doesn't like an ice cream social to celebrate the warm summer days of August? A little treat between the Summer and Fall sessions at the YMCA.

Please RSVP by August 7th.

FREE to the community!



THE FRAGRANCE OF LAVENDER

Thursday, August 30

11:30 AM - 1:30 PM

Join us on a trip to the Glendarragh Farm in Appleton to enjoy Maine's most fragrant crop! Bring your lunch and enjoy a picnic at the farm.

Please RSVP by August 23rd.

Cost: \$5 for transportation

