

**WE BUILD MORE
THAN MUSCLE!**

AUGUST BREAK WEEK PROGRAMS

BODY ATTACK

Feel the power as you burn calories, strengthen your muscles, and build your endurance. Every workout will be different as we keep your body guessing and challenging your mind.

Tuesday and Thursday 5:45-6:30 AM - 8/20, 8/22, 8/27

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

FUNCTIONAL BODY WITH PRE-STRETCH

Class begins with a 20 minute stretch and moves into light-weight warm-ups then moves into core muscles, upper body strength training and lower body exercises while mixing with cardiovascular training. **Tuesday: 7:40-9:00 AM - 8/13**

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

STRENGTH TRAINING TOGETHER®

Strength Training Together® is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, this class is for all ages and fitness levels. Whether you are an inactive person interested in getting fit or an athlete looking for a training edge, it delivers. Discover results, discover Strength Training Together®.

Monday: 5:40 AM - 8/19, 8/26 5:45 PM 8/12, 8/19

Wednesday 5:40AM - 8/14, 8/21

Wednesday 5:45PM - 8/21, 8/28

Friday: 9:15 AM - 8/23, 8/30

Cost: Free to Members / \$15 Drop in class pass Participants
Instructors: Theo, Amanda, Cyndi, Karmon and Dan

HOW TO YOGA

Location: Lily Pond Yoga Studio

Learn Yoga movement and Yoga lingo with this class designed to introduce you to the basics. The purpose and design of the class is to introduce language and movement together to help you feel more comfortable in your Yoga practice and your first Yoga class.

Wednesday: 8:00-9:15 AM - 8/14, 8/28

Cost: Free to Y Members - \$15/class for Participants***

Instructor: Emily Sirianni

TRADITIONAL OKINAWAN KARATE

This high intensity class will work the entire body while training in traditional Okinawan Karate. Work on Kicks, Blocks, and Strikes while developing overall strength and fitness.

Tuesday and Thursday: 7:00-8:30 PM

(All classes, all break weeks)

Saturday: 10:30 AM - Noon

Cost: Free to Members / \$15 per class Drop In Participants

Instructor: David Troup



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

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Break Weeks: August 12 - 31

FULL BODY YOGA

Location: Lily Pond Yoga Studio

For those short on time, this yoga class focuses on increasing flexibility and range of motion. Stretch everything from your head to your toes and leave feeling refreshed, warm and happy. Any skill level welcome.

Wednesday: 6:15-7:15 PM - 8/14, 8/28

Friday: 9:00-9:45AM - 8/16, 8/30

Cost: Free to Y Members - \$15/class for Participants***

Instructor: Emily Sirianni

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.

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

8/12, 8/14, 8/16, 8/19, 8/23, 8/26, 8/28, 8/30

****No class on 8/21 due to special movie**

***Wednesday class ends at 11:30 AM**

Cost: Free Members / \$80 Participants

Instructor: Sandy Bodamer, Caroline Donnell

STUDIO CYCLING

Drop in*: \$3 Members / \$15 Drop In Participants

You will get your heart pumping and your groove on with our team of awesome instructors.

Monday: 8:00-9:00 AM - 8/12, 8/19, 8/26

Tuesday: 12:00-12:45 PM - 8/13, 8/20, 8/27

Wednesday: 8:00-9:00 AM - 8/28

Thursday: 12:00-12:45 PM - 8/15, 8/22, 8/29

Friday: 8:00-9:00 AM - 8/23, 8/30

Instructors: Dan, Theo, Norm, Willie

HIIT CYCLE

Drop in*: \$3 Members / \$15 Drop In Participants

Feel your fitness level soar with this High Intensity Interval Training on the bikes. Get your heart pumping as we listen to fun and energetic music to get you to the finish line.

Tuesday & Thursday 4:45-5:30 PM -

T&TH Dates Offered: 8/15, 8/20, 8/22, 8/27, 8/29

Friday 5:45-6:30AM - 8/16, 8/23, 8/30

Saturday 7:30-8:30AM - 8/17, 8/24, 8/31

Instructor: Theo

AQUATIC BREAK WEEK:

ADULT ONLY OPEN SWIM

8/12, 8/13, 8/14/, 8/15 & 8/16

In lieu of Aquatics Classes, please come use the Therapy Pool for Adult Only Open Swim.

Monday - Friday: 9:00-10:00 AM

Members: \$3 Drop In daily