

HELPING YOU LIVE BETTER

Rockland Harbor YMCA

AUGUST BREAK WEEK PROGRAMS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKLAND HARBOR YMCA

12 Water Street

Rockland, Maine 04841

207.593.8500 • www.penbayymca.org

Break Week Session: August 12-31

DANCE YOURSELF FIT

This exhilarating cardio class will keep you grooving while using easy to follow moves combining fast and slow rhythms and intervals to tone and sculpt your body while burning calories.

Monday: 9:30-10:15 AM - 8/12

Cost: Free Members / \$15 drop in class Participants

Instructor: Becky Dunton

MIT BODY BURN

Metabolic Interval Training: 10-12 minutes, free weight strength building 15 minutes, stretching 3-5 minutes.

Tuesday 8:45-9:15 AM - 8/13 & 8/27

Thursday: 8:45-9:15 AM - 8/15 & 8/29

Cost: Free Members / \$15 Drop in class Participants

Instructor: Angie Vachon

HOT LUNCH

This class will move quickly through a series of timed workouts. Dynamic stretching to start and active recovery to finish. This is a 30 minute challenging class, some exercise experience needed.

Monday: 12:00-12:30 PM - 8/19 & 8/26

Wednesday: 12:00-12:30 PM - 8/21 & 8/28

Friday: 12:00-12:30 PM - 8/23 & 8/30

Cost: Free Members / \$15 drop in class Participants

Instructor: Jennine Carrier

TRX FULL BODY

The TRX suspension trainer will integrate your core for more effective training for strength, stability, and power.

⇒ **Please arrive 5 minutes before the start of class**

⇒ **Please bring a yoga mat**

Monday: 6:30-7:15 AM - 8/12 & 8/19

Wednesday: 6:30-7:15 AM - 8/14 & 8/21

Cost: \$8 for 4 classes, Members

\$15 drop in class participant

Instructor: Tammy Brooks

CORE AND MORE

Join Sandy for a 45 minute core intensive, designed to build strength and balance. Body weight exercise, stability balls, core boards and free weights will be used to challenge the core!

Tuesday: 12:15-1:00 PM - 8/13

Cost: Free Members / \$15 drop in class Participants

Instructor: Sandy Bodamer

HEALTHY SENIORS

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 a free and fun fitness class that will help you build greater self-confidence and independence!

Monday: 1:00-1:45 PM - 8/12, 8/19 & 8/26

Wednesday: 1:00-1:45 PM - 8/14, 8/21 & 8/28

Cost: Free Members / \$10 Participants

Instructor: Sandy Bodamer

SMALL GROUP PERSONAL TRAINING

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This class is limited to no more than 9 participants for focused, participant centered instruction, plenty of space to move and a small group dynamic. Each class is in a HIIT format for optimum metabolism boost, calorie burn and fast paced fun. Participants arrive early for a pre-class run & warm-up. Class work begins promptly at 6:15 AM.

Tuesday: 6:00-7:00 AM - 8/13 & 8/27

Thursday: 6:00-7:00 AM - 8/15 & 8/29

Cost: \$20 for all 4 classes, or \$5 per class Members

\$15 per class drop in participants

Instructor: Angie Vachon

SWEAT

Participants will be challenged with a high-intensity workout that will start the day in a positive way. Classmates should be willing to SWEAT to build a better, healthier body! Body weight, kettle bells & free weights... each class will be simulating HIIT forms, ending with a group stretch. Participants will warm-up on their own from 7:30 - 7:40 AM, class instruction will begin promptly at 7:40 AM.

Tuesday: 7:30-8:30 AM - 8/13 & 8/27

Thursday: 7:30-8:30 AM - 8/15 & 8/29

Cost: \$8 Members (4 classes)

\$15 Drop in class Participants

Instructor: Angie Vachon