

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

Winter Session: January 2 - February 18

SIT AND BE FIT! (Location: Rockland Harbor YMCA)

• NEW TIME AND NEW LOCATION!

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: 10:00-10:45am

Cost: Free Members / \$20 Participants

Instructor: Sandy Bodamer

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

PICKLE-BALL®! (Location: Pen Bay 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: 8-10am

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 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

Senior Social & Educational Opportunities

JANUARY

10 TIPS! NUTRITION EDUCATION SERIES

Start your "New Year, Nutrition Year" with a two part cooking series at the Penobscot Bay YMCA. Nancy Wood, nutrition educator from the Knox County Community Health Coalition will be providing 2 interactive classes to promote healthy food choices within a budget. Nutrition lesson plans will provide knowledge in a fun and engaging manner. Food demonstrations and tastings are provided during each session.

- **Thurs., January 4: Focus on fruits & vary your veggies**
- **Thurs., February 1: Make half your grains whole grains and Vary your protein routine**

Location: Penobscot Bay YMCA

Time: 12:00-1:30 PM

Cost: Free to all!

Class limited to 10 participants

Register by calling 236.3375



FEBRUARY

ROAD SCHOLAR

Adventures in Lifelong Learning

LUNCH AND LEARN

Please join us for a soup luncheon and informational talk on America's first and the world's largest education and travel organization dedicated to serving baby boomers and beyond. Carolyn Birbeck will present the program content for people who want more than a vacation. Let's plan a trip for 2018!

Thursday, February 22 from 11:30 AM - 12:30 PM

Location: Penobscot Bay YMCA

Lunch Cost: \$5/Person

RSVP by February 16 by calling 236-3375

