

WE BUILD MORE THAN MUSCLE! GROUP FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PENOBSCOT BAY YMCA

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Winter Session: January 2– February 17

CHECK OUR DAILY CLASS SCHEDULE AT:

www.penbayymca.org/schedules



HEART RATINGS - All classes can be modified to your personal intensity. Please speak with one of our instructors if you have any questions or concerns and need modifications.

Level 1 ♥ Light and easy and there is no noticeable change in breathing patterns.

Level 2 ♥♥ Breathing patterns change and heat is produced in the body. You may experience cardio, strength and endurance in relation to the intensity you choose.

Level 3 ♥♥♥ The goal of the class will be to increase heart rate, produce sweat and muscle activation.

Level 4 ♥♥♥♥ Sweat, perceived rate of exertion, heart rate is high. You will be working hard.

NEW TO GROUP CLASSES?

Are you looking for a way to change things up? Group classes are a great way to motivate yourself during anytime of the year. Come dressed in comfortable clothes and shoes.

- **Arrive 10 minutes early in case there is equipment to set up**
- **Come meet the instructor**
- **Email or call anyone in the Wellness Department if you have any questions about which class might be right for you.**
- **IF you are new to a class that has a fee, your first class is FREE.**

FIT = Focused Interval Training ♥♥♥♥

You will strengthen and condition your body from head to toe with this total body workout. This interval training based class includes cardio, strength, core, balance, and flexibility. Bikes, dumbbells, discs, running and much more are possibilities. Every class is different!

Tuesday and Thursday: 5:45–6:45PM

Cost: Free to Members / \$15 Drop in class pass Participants
Instructor: Karen Gallagher

Core Express ♥♥♥♥

A 30-minute lunchtime class that's more than just abs! We will use a variety of equipment to mix it up!

Monday : 12:00–12:30PM

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

Happy Hour Barre-0 ♥♥♥♥

Define, tone and strengthen your muscles with motivating, fun music. You'll use the barre and exercise equipment such as mini balls, small hand weights and gliding discs to sculpt and stretch your body. No dance experience necessary!!! Class structure is an inspired combination of Barre and Piyo.

Fridays: 5:15–6:00 PM

Cost: Free to Members / \$15 Drop in class pass Participants
Instructor: Theo

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, 9:15 AM, 5:45 PM

Wednesday: 5:40 AM, 9:15 AM, 5:45 PM

Friday: 9:15 AM

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

Functional Body with Pre-Stretch ♥♥♥♥

Class begins with a 20 minute stretch and moves into lightweight warm-ups then moves into core muscles, upper body strength training and lower body exercises while mixing with cardiovascular training. Class ends with cool-down exercises and muscle stretches. Improve your posture, balance, strength, flexibility and cardio endurance.

Tuesday: 7:40–9:00 AM

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

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. We will try and run outside when permitted.

Tuesday and Thursday 5:45–6:30 AM

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

ZUMBA® ♥♥♥♥♥

(Location: Penobscot Bay YMCA)

Come feel the music in a workout that is designed for all of your senses. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat.

Tuesday and Thursday: 9:30-10:30 AM

Saturday: 8:45-9:45 AM

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

Instructor: Amanda and Shizuka

DANCE YOURSELF FIT ♥♥♥♥

(Location: Penobscot Bay YMCA)

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. Radio hits, pop, hip hop and country music will guide you while improving your coordination, balance, cardio fitness and most importantly—MOOD!

Tuesday and Thursday: 10:45-11:45 AM

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

Instructor: Becky Dunton

Tae Kwon Do & More ♥♥

You will feel more confident and strong with this martial arts class based on one of the oldest forms of fitness. Explore linear movements of Karate and circular patterns of Kung Fu with hand and leg techniques of Chin Na.

Monday and Wednesday: 7:00-8:30 PM

Cost: Free to Members / \$100 Participants

Instructor: Doug Johnstone

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. We welcome beginners to advanced.

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

Saturday: 10:30 AM-Noon

Cost: Free to Members / \$100 Participants

Instructor: David Troup

Butts and Guts ♥♥♥♥♥

A 30 minute challenging class that will focus on lower body and core. This class will send you out the door feeling refreshed!

Wednesday: 12:00-12:30 PM

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

Instructor: Karmon



Body Sculpt ♥♥♥♥

This class will utilize aspects of Yoga, Pilates, dynamic mobility, stretch and even martial arts for a total mind/body experience. You will improve your overall strength, balance, posture, flexibility and body awareness.

Thursday: 8:00-9:00 AM

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

Instructor: Becky

HIIT Bootcamp ♥♥♥♥♥

(High Intensity Interval Training) Push your athletic edge, burn mega calories and improve your fitness level rowing, cycling, strength training, battle ropes and whatever else we can find to challenge and inspire you. Timed interval based workouts will allow you to work at your own pace and stay challenged. Feel strong and fit for summer.

Monday and Wednesday: 4:45-5:30 PM

Cost: Free to Members / \$15 Per Class Drop In Participants

TRX & STUDIO CYCLING CLASS PASSES



Cost: \$50 Class Pass* (Members) OR Drop in*: \$3 Members / \$15 Drop In Participants

*Sign-up weekly at the front desk. If you have signed up for a class and do not attend, you will be charged \$5. A least two hour notice is needed to cancel your spot so we can call the wait list. Please arrive at least 10 minutes early to class and check in at Welcome Desk and set up bike.

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
- ⇒ Sign-up weekly at the front desk
- ⇒ Please bring a yoga mat

Tuesday and Thursday: 7:00-7:50 AM

Instructors: Mary Faith, Norm, Theo, Meg, Dan & Karmon

Studio Cycling ♥♥♥♥♥

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

Monday: 8:00-9:00 AM (Willie)

Tuesday: 12:00-12:45 PM (Dan)

Wednesday: 8:00-9:00 AM (Willie)

Thursday: 12:00-12:45 PM (Dan)

Friday: 8:00-9:00 AM (Norm)**

****Bonus TRX class offered before cycle class at 7:30AM**

First come, first served. Friday only.

Instructors: Dan, Theo, Norm, Willie, Karmon & Becky

Cycle and Core ♥♥♥♥♥

Cardio, core and more workout. Feel awesome!

Friday: 5:45-6:30 AM (Theo)

Saturday: 7:30-8:30 AM (Theo)

HIIT Cycle ♥♥♥♥♥

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 (Theo)