

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

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Sandy Bodamer - sbodamer@penbayymca.org

Winter Session: January 2 – February 17

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

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

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 drop-in fee per class

Instructor: Becky Dunton

Senior Social & Educational Opportunities Save the dates!

NEW YEAR, NEW YOU! THURSDAY, JANUARY 10

Join Phoebe Carlson, nutrition expert, with strategies to reboot and reinforce healthy eating after the holidays!

Time: 11:00-11:45 AM

Location: Rockland Harbor YMCA

Cost: Free to the community!

Reserve your spot by January 4th

Please call: 593-8500.



THIRD THURSDAY BOOK CLUB & LUNCHEON 1ST MEETING: JAN. 17TH!

A new opportunity to join us for a participant driven book club!

Do you enjoy a good book and a lively discussion? We do too and hope you will join us!

• **January 17 Meeting: 11:30 AM -12:30 PM**

***Reservation deadline: January 10th**

• **February 21 Meeting: 11:30 - 12:30 PM**

***Reservation deadline: February 14th**

Location: Penobscot Bay YMCA

Reserve your spot by January 10th

Luncheon fee: \$5 per person - per meeting



HEALTHY HEARTS AND HYPERTENSION THURSDAY, FEBRUARY 14TH

February is American Heart Month. Cathy Harrell, Heartwatch Nurse Coordinator from Pen Bay Medical Center, will present the latest guidelines for hypertension and why it is important to know your blood pressure and the effects of it on your body. Please join us for an informational talk on signs, symptoms and treatment of hypertension. Your heart will thank you for taking care of it! Coffee and a sweet treat for Valentines Day!

Time: Noon - 1:00 PM

Location: Penobscot Bay YMCA

Cost: Free to the community!

Reserve your spot by February 12th

