

# BREATHE. S-T-R-E-T-C-H. STRENGTHEN!

## YOGA & SPECIALTY PROGRAMS

**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.

### YOGALATES ♥♥♥♥

(Location: Lily Pond Yoga Studio)

Feel amazing with this upbeat, vinyasa flow yoga class infused with pilates-inspired, core strengthening exercises. Class begins with mindful breathing and slow stretches, then moves into a strong flow of yoga poses to develop balance and flexibility while increasing your heartrate. You'll leave feeling strong, calm, and ready for the rest of your day.

**Monday: 7:45-8:45AM (Becky)**

**Wednesday: 9:30-10:30 AM (Kristin)**

**Free to Y Members – \$15/class for Participants\*\*\***

*\*Can be purchased at Welcome Desk Main Building*

**Instructor: Kristin Johns**

### HEATED VINYASA FLOW ♥♥♥♥♥

(Location: Lily Pond Yoga Studio)

You will enjoy all aspects of this well rounded class. Sit, stand, balance, stretch, invert, lie down...there are asanas (poses) of all types and for all bodies in this strong and creative class. Modifications given to lessen or increase intensity. All levels welcome. Temperature is approx. 90 degrees. Please bring water.

**Tuesday: 9:00-10:00 AM (Denyse)**

**Tuesday: 6:00-7:15 PM (Hanna)**

**Saturday: 9:00-10:15 AM (Hanna and Elizabeth)**

**\$5 Y Members/class – \$15/class for Participants\*\*\*  
or Heated Vinyasa Session Pass – \$35**

*Can be purchased at Welcome Desk Main Building*

**Instructors: Hanna DeHoff, Lindsey Braun and  
Denyse Robinson**

### NIA ♥♥♥♥ (Location: Lily Pond Studio)

You will leave each class beaming and serene. This class experience blends intuitive dance, martial arts and yoga movements. The workout promises to boost strength, flexibility, and peace of mind.

**Monday: 9:00 – 10:00 AM**

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

*\*Can be purchased at Welcome Desk Main Building*

**Instructor: Meg Barclay**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### PENOBSCOT BAY YMCA

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**Winter Session: January 2 – February 17**

### HEATED POWER HOUR YOGA ♥♥♥♥♥

Monday is funday with this 60 minute yoga class. Feel yourself flow into sequences designed to generate heat, build strength, increase flexibility, and inspire your week.

**Monday: 4:30-5:30 PM**

**Cost: \$5 Y Members/class – \$15/class for Participants\*\*\***

*\*Can be purchased at Welcome Desk Main Building*

**Instructor: Lindsey Braun**

### 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. The class will progress through the session while building on the previous classes. Take the intimidation out of Yoga and give yourself a gift of a new way to move for your body.

**Wednesday: 8:00-9:15 AM**

**Friday: 8:00-9:15 AM**

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

*\*Can be purchased at Welcome Desk Main Building*

**Instructor: Emily Sirianni**

### 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.

**Tuesday: 11:00 – 11:45 AM**

**Wednesday: 6:15-7:15 PM**

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

*Can be purchased at Welcome Desk Main Building*

**Instructor: Emily Sirianni**

### YOGA FOR ARTHRITIS AND INJURIES ♥

(Location: Lily Pond Yoga Studio)

You will work to improve physical arthritis symptoms like pain and stiffness psychological/physical issues like stress and pain management. All are welcome!

**Friday: 9:30-10:30 AM**

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

*Can be purchased at Welcome Desk Main Building*

**Instructor: Lindsey Braun**

### QI GONG ♥

(Location: Main Building, Penobscot Bay YMCA)

You will experience the ancient Chinese healing art involving meditation, controlled breathing, and movement exercises.

**Sunday: 10:15-11:15 AM**

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

*\*Can be purchased at Welcome Desk Main Building*

**Instructor: Tim English**