

HELPING YOU LIVE BETTER!

FITNESS

ROCKLAND HARBOR YMCA A Branch of the Penobscot Bay YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKLAND HARBOR YMCA

12 Water Street

Rockland, Maine 04841

207.593.8500 • www.penbayymca.org

Winter Session: January 2 - February 17

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, increase rate of perceived exertion, heart rate is high. You will be working hard.

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

Monday & Friday: 9:30-10:15 AM

Cost: Free Members / \$140 Participants

Instructor: Becky Dunton

STRONG ♥♥♥♥

Develop a strong heart and strong body all in one class. This is interval training with a twist that incorporates YOUR target heart rate from start to finish. Exercises are performed primarily using body weight with short bursts of cardio in between. A heart rate monitor is recommended but not necessary and show up knowing your resting heart rate.

Saturday: 8:30 - 9:30 AM

Saturday: 9:30 - 10:30 AM

Cost: \$30 Members / \$80 Participants

Instructor: Mike Cole

Yogaflex ♥♥

Guided stretches will heat and lengthen muscles, as well as increase range of motion. Flow sequences will increase strength and endurance. No experience needed, but must be able to go to the floor.

Tuesday & Thursday: 5:30-6:30 pm

Wednesday 10:30-11:30 AM

Cost: \$30 Members / \$140 Participants

Instructor: Jennine Carrier

MAT PILATES ♥♥

This 45 minute class will use the basic principles of Pilates aiming for the elegant movement of the body from the core outward. Exercise flows from within, in order to build strength, control and stamina. All levels welcome, modifications will be available.

Saturday: 11:00 - 11:45 AM

Cost: Free Members / \$140 Participants

Instructor: Jennine Carrier

HOT LUNCH ♥♥♥♥

Short on time? This class will move quickly through a series of timed workouts. Dynamic stretching to start and active recovery to finish. You work at your own pace. This is a 30 minute challenging class, some exercise experience needed.

Monday, Wednesday & Friday: 12:00-12:30 PM

Cost: Free Members / \$100 Participants

Instructor: Jennine Carrier

HEART CORE ♥♥♥

A moderate to higher intensity class focusing on the body's core using a variety of fitness tools. Participants should be prepared to move quickly through the exercises to have the benefits of an increased heart rate for cardiovascular health and calorie burn.

Tuesday & Thursday: 8:45-9:45 AM

Cost: Free Members / \$140 Participants

Instructor: Angie Vachon

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 & Thursdays: 1:30-2:15 PM

Cost: Free Members / \$20 Participants

Instructor: Sandy Bodamer

LENGTH AND STRENGTH ♥♥

Using a combination of yoga, Pilates and body weight work, this class will stretch and strengthen you. No impact and modifications will be offered. All levels welcome, you must be able to sit on the floor.

Monday & Friday: 10:30-11:15 AM

Cost: Free Members / \$140 Participants

Instructor: Jennine Carrier

SPIN & TRX ♥♥♥

30 minutes of spinning followed by 30 minutes of TRX suspension training. The spin component will consist of cardio, speed, and endurance intervals. TRX Suspension Training focus is ALL CORE ALL THE TIME combined with strength, stability and flexibility training for a full body workout.

Monday & Wednesday: 5:30-6:30 PM
Cost: \$30 Members / \$140 Participants
Instructor: Jana Tobin

CYCLE ♥♥♥♥

You will get your heart pumping and your groove on with our team of awesome instructors. Class will take you through a warm-up and into an intense ride that will increase strength and endurance.

Monday: 7:00-8:00 AM (Cliff Cox)
Wednesday: 7:00-8:00 AM (Cliff Cox)
Saturday: 7:15-8:15 AM (Lindsey Grant)
Sunday: 10:30-11:30 AM (Cliff Cox)
Cost: \$3 Members / \$10 Participants

VINYASA FLOW YOGA ♥♥♥♥

***Location: Flanagan Community Center**

Gentle Yoga is a little less intense form of yoga that will allow for non-strenuous, meditative flow. This class will be a soft, nurturing well rounded practice. We will continue to incorporate some of the strength building sequences that have been offered over the past several sessions in order to keep the students' practice active. Postures may be approached in gradual steps, with plenty of time to focus on breathing and repetition so that the practice is simple to do and easy to remember. This class will be as individualized as possible to encourage growth over the summer.

Tuesday & Thursday 6:00 - 7:00 AM
Saturday: 8:00 - 9:00 AM
Cost: \$30 Members/ \$140 Participants
\$15 drop-in fee
Instructor: Christina Fish

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, Wednesday and Friday: 1:00-1:45 PM
Cost: Free Members / \$20 Participants
Instructor: Sandy Bodamer

BASIC STEP TRAINING ♥♥

An energizing workout using a height-adjustable step focused on basic "old school" movements and patterns performed on, over and around the step. Finish it off with core and stretch!

Thursday: 12:15-1:00 PM
Cost: Free Members / \$20 Participants
Instructor: Becky Dunton

SMALL GROUP PERSONAL TRAINING

Small Group Personal Training ♥♥♥♥

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 & Thursday: 6:00-7:00 AM
\$75 Members / \$140 Participants (Maximum 9)
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 & Thursday: 7:30-8:30 AM
Cost: \$35 Members / \$140 Participants
Maximum: 13
Instructor: Angie Vachon



RETIRED MILITARY

As a thank you, all Retired Military personnel can now register for any yoga program at no charge! Upon program registration, please show your valid VA ID, DD-214 or Federal Retiree ID card. **Thank you for your service!**