

Penobscot Bay & Rockland Harbor YMCA

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER SESSION: JANUARY 5 – FEBRUARY 14

116 Union St. Rockport, ME 04856
207.236.3375
www.penbayymca.org
Sandy Bodamer – sbodamer@penbayymca.org

MONDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
11:00–12:00 PM	Senior Strength&Stretch ADV	Rockport / 249
12:00–1:00 PM	Senior Strength, Stability and Balance	Rockport / 249

TUESDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
8:00–8:45 AM	Tai Chi For Life	Rockport / Lily Pond
11:00–12:00 PM	Chair Yoga	Rockland
5:30–6:45 PM	Ayurvedic Yoga	Rockport / Lily Pond

WEDNESDAY

7:45–8:30 AM	Core & More	Rockland
8:00–9:00 AM	Beginner Tai Chi / 24 Forms	Rockport / Lily Pond
9:30–10:30 AM	Slow Flow Yoga	Rockport / Lily Pond
8:45–9:30 AM	Healthy Seniors	Rockland
11:00–12:00 PM	Senior Strength&Stretch ADV	Rockport / 249
12:00–1:00 PM	Senior Strength, Stability and Balance	Rockport / 249

THURSDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
11:00–12:00	Chair Yoga	Rockland

FRIDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
11:00–12:00 PM	Senior Strength&Stretch ADV	Rockport / 249
12:00–1:00 PM	Senior Strength, Stability and Balance	Rockport / 249

HEALTHY SENIORS

Also offered at Thomaston Library
Tuesdays and Thursdays 11:00–11:50 AM

SOCIAL & CLUB OPPORTUNITIES:

Book Club

Friday, January 9 1:30–2:30 PM
Location: Penobscot Bay YMCA
Fee: FREE
BOOK: The Let Them Theory, by Mel Robbins
We'll be diving into an empowering mindset that helps quiet overthinking and create more space for joy. Come share your insights as we explore practical ways to set boundaries and reduce stress.

Book Club!

Friday, February 13 1:30–2:30 PM
Location: Penobscot Bay YMCA
Fee: FREE
BOOK: TBD

Active Older Adult Advisory Council for the Penobscot Bay YMCA!

Friday, January 16 1:30–2:30 PM
Friday, February 20 1:30–2:30
Location: Penobscot Bay YMCA
Be a voice for the future of our Active Older Adult community! Let's build a vibrant 2026 centered on fun, fellowship, and wellness.

Potluck Bingo Challenge

Friday, January 23 1:30–2:30 PM
Location: Penobscot Bay YMCA
Join us for a tasty potluck and a fun-filled bingo game as we sample dishes and mark off squares together. A wonderful mix of delicious bites, laughter, and friendly play!

Active Older Adult programs are sponsored by:



REGISTRATION:

- Classes listed in GREEN require registration for the entire session.
- Classes listed in BLACK require weekly registration, which opens 1 week prior to each class.
- Please try to register at least 1 hour before the class.
- The teacher listed for the class is not guaranteed and may sometimes be replaced by a substitute.

- Adult Aquatics programs are available to Members only. You pay a one-time fee for the entire session.
- Masters swimming is free for members.

Member Registration: December 22
Non-member Registration: December 29

Scan QR code to register
Please Note: Schedule may change.



PROGRAM DESCRIPTIONS

LOW IMPACT TRX – Learn the basics of TRX and explore flexibility, muscle, core and balance.

CORE AND MORE – 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!

HEALTHY SENIORS – Active older adults can experience a simple 45 minute program introducing the basic components of fitness: strength, balance, flexibility and relaxation. Please join us for a fun fitness class that will help you build greater selfconfidence and independence! Please note: There is a drop-in fee for participants (non-members).

SENIOR, STRENGTH, STABILITY AND BALANCE – Come experience movement and strength with Sandy as she leads you through a seated with standing opportunities to increase strength, posture, balance and mobility,

SENIOR STRENGTH STRETCH ADVANCED – All the components of fitness: strength training, flexibility and balance will be addressed with the addition of mat core work. Participants should be prepared to bring their own mat and go to the floor. Both seated and standing, using free weights, bands and balls.

YOGA – This class focuses on building strength, flexibility, and balance while fostering mindfulness and relaxation. Modifications and variations will be provided to suit your individual needs, ensuring everyone feels supported and challenged at their own pace.

AYURVEDIC YOGA – Join us for an all-levels vinyasa x kundalini style yoga flow, using breath work, physical postures, aromatherapy, and tailored places to increase strength and flexibility, stimulate the lymphatic system, calm the nervous system, cultivate mindfulness, and use Ayurveda to promote peace, patience, and well-being within ourselves.

CHAIR YOGA – Chair Yoga offers gentle movement and mindful breathing that encourage you to pause, arrive in the moment, and move with ease. All levels are welcome.

SLOW FLOW YOGA – An all levels flow class in which each movement is linked with the breath. We commence the flow in a brief seated meditation, set an intention and practice various breath work techniques (pranayama).

BEGINNER TAI CHI/ 24 FORMS – Tai chi is an ideal way to relax deeply into mindful movement, improve balance and health of all kinds, and find a pleasant, grounding center for ourselves in the middle of challenging times. It has far-reaching benefits for most everyone.

TAI CHI FOR LIFE – Explore a shorter tai chi form that allows participants to focus specifically on improving balance and experiencing flow in a fun, easy-to-learn sequence that is suitable for most everyone, including those brand new to this proven practice. Tai chi enhances whole-body health.

NEW TO GROUP CLASSES?

It can be intimidating to try something new, especially in a group setting. Please know that you are welcome!

Follow these steps to make your first class a success:

- Wear comfortable clothes.
- Arrive early.
- Introduce yourself to the instructor and let them know that this is your first time trying a group class.
- If necessary get a quick rundown of important prop and poses.