

Penobscot Bay YMCA – Rockport

ADULT GROUP FITNESS & SPORTS

SEPTEMBER 1 – DECEMBER 31, 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856

207.236.3375

www.penbayymca.org

wellness@penbayymca.org

MONDAY

5:40 – 6:40 AM	Group Power	Cyndi / 249
8:00 – 8:45 AM	Cycle	Willie / 249
9:15 – 10:15 AM	Body Blast	Tracy / 249
10:45 – 11:30 PM	Senior Strength & Stretch ADV	Chris / 249
12:00 – 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249
4:30 – 5:15 PM	Cycle & Strength	Allison / 249
4:30 – 5:45 PM	Yoga Nidra	Julie / Lily Pond
5:45 – 6:45 PM	Group Power	Dan / 249
6:30 – 7:30 PM	Adult – Learn to Climb & Belay	Sarah / Climbing wall

TUESDAY

5:45 – 6:30 AM	POUND!	Trina / 249
7:00 – 7:45 AM	Low Impact TRX	Norm / 249
7:45 – 8:45 AM	Tai Chi for Health	Julie / Lily Pond
8:00 – 8:45 AM	Cycle	Norm / 249
9:00 – 10:00 AM	Slow Flow Yoga	Denyse / Lily Pond
9:15 – 10:00 AM	TRX 45	Norm / 249
10:15 – 12:15 PM	Pickleball	Norm / Gym
12:00 – 12:45 PM	Cycle	Dan / 249
5:30 – 6:45 PM	Ayurvedic Yoga	Kelly / Lily Pond
6:00 – 7:30 PM	Traditional Okinawan Karate	David T / 249

WEDNESDAY

5:40 – 6:40 AM	Group Power	Dan / 249
8:00 – 8:45 AM	Cycle	Willie / 249
8:00 – 9:00 AM	Beginner Tai Chi / 24 Forms	Julie / Lily Pond
8:00 – 9:00 AM	Intro to Pickleball	Norm / Gym
9:00 – 11:00 AM	Pickleball	Norm / Gym
9:15 – 10:15 AM	Group Power	Emily / 249
10:45 – 11:30 AM	Senior Strength & Stretch ADV	Chris / 249
12:00 – 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249
4:30 – 5:15 PM	Cycle & Strength	Allison / 249
5:45 – 6:45 PM	Group Power	Cyndi / 249

THURSDAY

7:00 – 7:45 AM	Low Impact TRX	Norm / 249
8:00 – 8:45 AM	Cycle	Norm / 249
9:15 – 10:00 AM	TRX 45	Norm / 249
10:15 – 11:00 AM	Body Blast	Tracy / 249
10:15 – 12:15 PM	Pickleball	Norm / Gym
12:00 – 12:45 PM	Cycle	Dan / 249
4:45 – 5:30 PM	POUND!	Trina / 249
6:00 – 7:30 PM	Traditional Okinawan Karate	David T / 249

FRIDAY

7:00 – 7:45 AM	Bollywood Beats Fitness	Manushi / 249
8:00 – 8:45 AM	Cycle	Willie / 249
10:45 – 11:30 AM	Senior Strength&Stretch ADV	Chris / 249
12:00 – 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249

SATURDAY

7:30 – 8:15 AM	Cycle	Rotating / 249
9:00 – 10:15 AM	Yoga Moderate Flow	Katey / 249
9:00 – 10:00 AM	Kobudo	David T / Lily Pond
10:30 – 12:00 PM	Traditional Okinawan Karate	David T/ 249

HOW TO REGISTER:

- Classes listed in PURPLE require MONTHLY registration. Monthly sign-ups open 1 month in advance.
- Classes listed in BLACK require WEEKLY registration. Weekly sign-ups open 1 week in advance.
- Please try to register at least 1 hour before the class.
- Teachers listed on the schedule are not guaranteed and may sometimes be replaced by a substitute.
- When Red Cross Blood Drives are scheduled, there will be no class in Room 249 from 10:00 AM – 5:30 PM

Red Cross Blood Drive Dates:

9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8 & 12/22



SCAN QR CODE TO REGISTER ONLINE

Schedule may change. Register ONLINE to view the most up-to-date class schedule and to receive notifications if a class is cancelled.

PROGRAM DESCRIPTIONS

BODY BLAST - Get a total body workout using weights and body weight exercises. Simple squats, lunges, presses, and curls work all of your major muscle groups in this 60-minute class. Perfect for all fitness levels.

CYCLE - Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

CYCLE & STRENGTH - A full-body workout designed for all ages and fitness levels, this class combines low-impact cardio on the bike with a variety of strength exercises targeting all major muscle groups. Strength training will incorporate both bodyweight and free weight movements. The primary focus is to improve cardiovascular endurance and overall physical strength. While the class offers a challenging workout, exercises can be modified to accommodate different fitness levels, ensuring that everyone can participate and progress at their own pace.

GROUP POWER® - This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With squats, lunges, presses, and curls, this class is for all ages and fitness levels.

POUND! - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga- and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Cost: members free/ \$10 participants

SENIOR STRENGTH, STABILITY AND BALANCE - Come experience movement and strength with Sandy as she leads you through seated and 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.

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

TRX 45 - A dynamic, full-body workout using TRX suspension straps to build strength, improve balance, and enhance core stability.

BOLLYWOOD BEATS FITNESS - Step into the world of Bollywood! You will learn exciting moves to popular Indian music, combining styles like hip-hop, Zumba, and traditional dance. This class is a great way to get moving, express yourself, and enjoy the beats of Bollywood.

YOGA NIDRA

This class will offer a yoga practice that combines hatha yoga poses with explorations of less well-known yoga techniques like pranayama, mudras, and mantra, all aimed at deepening our awareness of our internal states. Participants will build their capacity for mindfulness and will experience deep levels of stress relief and relaxation through periodic Yoga Nidra sessions.

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 props and poses.

AYURVEDIC YOGA - Join us for an all-levels vinyasa & kundalini-style yoga flow, using breathwork, physical postures, aromatherapy, and tailored poses 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.

YOGA MODERATE FLOW- 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.

SLOW FLOW YOGA- A gentle, deeply relaxing practice that blends slow movement, longer holds, and plenty of props to support the body. Perfect for releasing tension, improving flexibility, and finding calm.

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 HEALTH - Bone Health & More. Another shorter Tai Chi form to explore, with whole-body benefits for everyone and some specific moves for bone health. This is an easy-to-learn sequence that is right for beginners or for more advanced players who want a deeper dive into the fundamentals."

OKINAWAN KARATE - Come practice traditional Okinawan karate-do in a fun and welcoming environment! As a dojo associated with the World Matsubayashi-ryu Karatedo Association, we focus on practicing Karate basics, the 18 traditional Kata, fighting techniques through safe and choreographed drills, and related applications. Any level welcome. Participants must be 13 or older.

KOBUDO - Students will explore classical Okinawan martial arts tools training, including bo, sai, tonfa, and nunchaku, with an emphasis on basics, kata, and practical application. Suitable for beginners and experienced martial artists alike, the class offers a disciplined, respectful environment to deepen both skill and understanding of this traditional art.

ADULT SPORTS

ADULT - LEARN TO CLIMB & BELAY - New to climbing? These beginner-friendly sessions teach essential belay skills, safety, and movement basics. Get comfortable on the wall with guided coaching and plenty of practice on ropes and auto belays. Join us each week to build skills at your own pace.

PICKLEBALL - Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strain on your body. It's a wonderful alternative game for all ages or for participants who have physical limitations such as joint problems.

For questions about ADULT SPORTS contact Director Benjie Blake: bblake@penbayymca.org.