

ADULT GROUP FITNESS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

12 Water St. Rockland, ME 04841
207.593.8500
www.penbayymca.org
wellness@penbayymca.org

SEPTEMBER 1 – DECEMBER 31

MONDAY

7:45-8:30 AM	Core & More	Chris
8:45-9:30 AM	Healthy Seniors	Sandy
5:30-6:15 PM	Cardio Core & More	Laura
6:15-6:30 PM	Cool Down Yoga	Alaina

TUESDAY

7:45-8:30 AM	TRX & More	Tracy
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WEDNESDAY

7:45-8:30 AM	Core & More	Chris
8:45-9:30 AM	Healthy Seniors	Sandy
12:15-1:00 PM	Chair Yoga	Jen
5:30-6:15 PM	Cardio Core & More	Laura
6:15-6:30 PM	Cool Down Yoga	Alaina

THURSDAY

7:30-8:30 AM	Yoga Moderate Flow	Lyndsey
11:00-12:00 PM	Chair Yoga	Lyn

FRIDAY

7:45-8:30 AM	Core & More	Chris
8:45-9:30 AM	Healthy Seniors	Sandy

SUNDAY

6:30-7:30 PM	Kickboxing	David S
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ASK US ABOUT THESE OTHER OFFERINGS AT THE ROCKPORT YMCA:

AQUATICS CLASSES

Your membership at the Rockland Harbor YMCA also includes access to the Rockport YMCA where we have lots of opportunities to get in the pool! From our fun aquatics workout class, SPLASH DANCE, to MASTERS SWIMMING for adult swimmers to PRIVATE SWIM LESSONS. Visit our website for more information or to register.

ACTIVE OLDER ADULTS PROGRAM

The Y provides lots of FREE opportunities for older adults to connect and have fun. Join our Book Club, Active Older Adults Council, and other Social Gatherings for friendship, conversation, and community. Check out our website or the Active Older Adults program sheet for upcoming dates and more information.

RED CROSS BLOOD DRIVES

Tuesdays, 9/8, 9/22, 10/13, 10/27, 11/10, 11/24, 12/8 & 12/22 at the Rockport YMCA

HOW TO REGISTER

- Classes listed in RED require MONTHLY registration. Monthly registration opens 1 month in advance.
- Classes listed in BLACK require WEEKLY registration. Weekly registration opens 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.



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

BEGINNER YOGA FLOW - This beginner-friendly yoga flow is designed for those new to yoga or returning after a break. The class focuses on simple, easy-to-follow movements that build strength, flexibility, and body awareness at a comfortable pace. You'll learn foundational poses, basic breathing techniques, and how to move mindfully between postures. Modifications and guidance are offered throughout, making it a supportive and welcoming space. No prior experience is needed—just come as you are and be ready to move, stretch, and relax.

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!

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.

COOL DOWN YOGA - Take more you-time for muscle recovery. Lengthen the muscles exercised in Full Body Fit in this yoga-inspired post workout stretch with certified yoga instructor.

CARDIO, CORE & MORE - This class will include low impact cardio warm up, followed by strength training and abs. Perfect for anyone interested in increasing their lean body mass and their metabolism!

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 self-confidence and independence!

KICKBOXING - Kickboxing uses a combination of endurance and strength training that uses nearly every muscle in your body. No more trying to decide between cardio and strength training! Kickboxing also teaches self defense foundations, which can make you more aware & keep you feeling confident in your ability to handle yourself in tense situations. Adults only.

TRX & MORE - Strength, stability, and serious core work — all in one powerful class. Using the TRX suspension system, you'll engage multiple muscle groups through bodyweight resistance training that builds functional strength and endurance. The "More" means we'll mix in mat-based core work. Great for all fitness levels, with plenty of options to progress or modify. Come ready to sweat, strengthen, and surprise yourself.

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.

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.