

Rockland Harbor YMCA SUMMER BREAK CLASSES AUGUST 24- 31



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MONDAY, AUGUST 24

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

TUESDAY, AUGUST 25

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

WEDNESDAY, AUGUST 26

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

THURSDAY, AUGUST 27

Moderate Flow Yoga with Lindsay: 7:30 – 8:30 AM

FRIDAY, AUGUST 28

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

SUNDAY, AUGUST 30

Adult Kickboxing with David: 6:30-7:30 PM

MONDAY, AUGUST 31

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



REGISTER:

