

Penobscot Bay YMCA

SPRING 1 BREAK CLASSES

FEBRUARY 16 – 21



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, FEBRUARY 16

Cycle with Willie: 8:00 – 8:45 AM
Body Blast with Tracy: 9:15 – 10:15 AM
Senior Strength and Stretch ADV with Chris: 11:00 – 12:00 PM
Senior Strength, Stability and Balance with Sandy: 12:00 – 1:00 PM
Cycle & Strength with Allison: 4:30 – 5:30 PM
Yoga Nidra with Julie: 4:30 – 5:45 PM (LILY POND)
Group Power with Dan: 5:45–6:45 PM

TUESDAY, FEBRUARY 17

Tai Chi for Life with Julie: 7:45 – 8:45 AM (LILY POND)
Cycle with Norm: 8:00 – 8:45 AM
TRX 45 with Norm: 9:15 – 10:00 AM
Cycle with Dan: 12:00 – 12:45 PM
Traditional Okinawan Karate with David: 6:00 – 7:30 PM

WEDNESDAY, FEBRUARY 18

Group Power with Dan: 5:40 – 6:40 AM
Cycle with Willie 8:00–8:45 AM
Beginner Tai Chi/24 Forms with Julie: 8:00 – 9:00 AM (LILY POND)
Group Power with Emily 9:15 – 10:15 AM
Senior Strength and Stretch ADV with Chris: 11:00 – 12:00 PM
Senior Strength, Stability and Balance with Sandy: 12:00 – 1:00 PM
Cycle and Strength with Allison: 4:30 – 5:30 PM
Yin and Restorative with Erin: 5:30 – 6:30 PM

THURSDAY, FEBRUARY 19

Pound with Trina: 5:40 – 6:30 AM
Cycle with Norm: 8:00 – 8:45 AM
TRX 45 with Norm: 9:15 – 10:00 AM
Body Blast with Tracy: 10:15–11:00 AM
Cycle with Dan: 12:00 – 12:45 PM
Pound with Trina: 4:45 – 5:30 PM
Traditional Okinawan Karate with David: 6:00 – 7:30 PM

FRIDAY, FEBRUARY 20

Bollywood Beats Fitness with Manushi: 7:00 – 7:45 AM
Cycle with Willie: 8:00 – 8:45 AM
Group Power with Sierra: 9:15 – 10:15 AM
Senior Strength and Stretch ADV with Chris 11:00 – 12:00 PM
Senior Strength, Stability and Balance with Sandy: 12:00 – 1:00 PM

SATURDAY, FEBRUARY 21

Slow Flow Yoga with Alaina 9:00 – 10:15 AM
Traditional Okinawan Karate with David: 10:30 – 12:00 PM



REGISTER:

