

Rockland Harbor YMCA 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

SPRING 1 SESSION: FEBRUARY 23-APRIL 19

MONDAY

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

TUESDAY

| | | |
|----------------|----------------|--------|
| 7:45-8:30 AM | TRX & More | Tracy |
| 11:00-12:00 PM | Chair Yoga | Lynn |
| 5:30-6:15 PM | Full Body Fit | Laura |
| 6:15-6:30 PM | Cool Down Yoga | Alaina |

WEDNESDAY

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

THURSDAY

| | | |
|----------------|--------------------|---------|
| 7:30-8:30 AM | Yoga Moderate Flow | Lyndsey |
| 11:00-12:00 PM | Chair Yoga | Lynn |
| 5:30-6:15 PM | Full Body Fit | Laura |
| 6:15-6:30 PM | Cool Down Yoga | Alaina |

ACTIVE OLDER ADULT OPPORTUNITIES

Book Club

Active Older Adult Council

Check out website or Active Older
Adult sheet for more information.

Important Class Cancellations:

- Intro to Yoga starts 3/7
- Pound cancelled 3/20 & 3/27

FRIDAY

| | | |
|--------------|-----------------|-------|
| 7:45-8:30 AM | Core & More | Chris |
| 8:45-9:30 AM | Healthy Seniors | Sandy |
| 5:15-6:00 PM | POUND! | Trina |

SATURDAY

| | | |
|--------------|----------------------|-----|
| 8:30-9:45 AM | Introduction to Yoga | Jen |
|--------------|----------------------|-----|

SUNDAY

| | | |
|--------------|------------|---------|
| 6:30-7:30 PM | Kickboxing | David S |
|--------------|------------|---------|

OTHER OFFERINGS AT THE Y!

POOL FITNESS CLASSES

We have lots of opportunities to get in the pool! Classes, like SPLASH DANCE for a fun way to workout in the water. Master Swimming for experienced adult swimmers. Private swim lessons. Check our website or Adult Group Fitness Program sheet for more information.

RED CROSS BLOOD DRIVES:

- 2/24, 3/10, 3/24 & 4/14

Location: Penobscot Bay YMCA

HOW TO REGISTER

- Classes listed in RED require registration for the entire session.
- Classes listed in BLACK require weekly registration.
- Registration for weekly classes opens 1 week prior.
- 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.

Member Registration: February 16

Non-member Registration: February 19

SCAN QR TO REGISTER

Please note: schedule may change.



PROGRAM DESCRIPTIONS

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.

CYCLE & TRX – 30 minutes of indoor cycling followed by 30 minutes of TRX suspension training. The indoor cycling will consist of cardio, speed, interval and endurance training on our amazing ICG cycles. TRX Suspension Training focus is ALL CORE ALL THE TIME combined with strength, stability and flexibility training for a full body workout. Please note: prior TRX experience is required.

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.

FULL BODY FIT – 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!

HIIT PILATES – Elevate your workout with this dynamic blend of Mat Pilates and High-Intensity Interval Training (HIIT). Strengthen your core with classic Pilates moves while boosting your endurance and calorie burn with invigorating HIIT bursts. This well-rounded class is perfect for those seeking a challenging yet balanced routine that leaves you feeling strong, energized, and accomplished.

INTRODUCTION TO YOGA – This welcoming beginner-friendly class is designed for students who are brand new to yoga or have very little experience. We'll explore the fundamentals of breath, alignment, and mindful movement while learning essential foundational poses at a comfortable, supportive pace. You'll be introduced to a variety of postures to help you develop confidence, strength, and body awareness. Sessions focus on building a solid foundation so you feel empowered and well-prepared to join any yoga class in the future. No flexibility or prior experience needed—just curiosity and an open mind.

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.

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

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.