

Rockland Harbor YMCA

SPRING 1 BREAK CLASSES

FEBRUARY 16 – 22



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, FEBRUARY 16

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

TUESDAY, FEBRUARY 17

TRX & More with Tracy 7:45–8:30
Full Body Fit with Laura 5:30 – 6:15
Cool Down Yoga with Alaina 6:15 – 6:30PM

WEDNESDAY, FEBRUARY 18

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

THURSDAY, FEBRUARY 19

Full Body Fit with Laura 5:30 – 6:15
Cool Down Yoga with Alaina 6:15 – 6:30PM

FRIDAY, FEBRUARY 20

Core & More with Chris 7:45 – 8:30 AM
Healthy Seniors with Sandy 8:45 – 9:30 AM
Pound with Trina 5:15 – 6:00 Trina

SUNDAY, FEBRUARY 22

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



REGISTER:

