

Penobscot Bay YMCA SPRING II BREAK CLASSES APRIL 20-25



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856
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www.penbayymca.org
wellness@penbayymca.org

MONDAY, APRIL 20

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 Margaret: 12:00 - 1:00 PM
Yoga Nidra with Julie: 4:30 - 5:45 PM (LILY POND)

TUESDAY, APRIL 21

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
Traditional Okinawan Karate with David: 6:00 - 7:30 PM

WEDNESDAY, APRIL 22

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 Margaret: 12:00 - 1:00 PM
Yin and Restorative with Erin: 5:30 - 6:30 PM

THURSDAY, APRIL 23

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
Pound with Trina: 4:45 - 5:30 PM
Traditional Okinawan Karate with David: 6:00 - 7:30 PM

FRIDAY, APRIL 24

Bollywood Beats Fitness with Manushi: 7:00 - 7:45 AM
Cycle with Willie: 8:00 - 8:45 AM
Senior Strength and Stretch ADV with Chris 11:00 - 12:00 PM
Senior Strength, Stability and Balance with Margaret:12:00 - 1:00 PM

SATURDAY, APRIL 25

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



REGISTER:

