

Penobscot Bay & Rockland Harbor YMCA

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SPRING II SESSION: APRIL 27 – JUNE 20

MONDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

TUESDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
8:00–8:45 AM	Tai Chi For Life	Rockport / Lily Pond
9:00–10:00 AM	Slow Flow Yoga	Lily Pond
5:30–6:45 PM	Ayurvedic Yoga	Rockport / Lily Pond

WEDNESDAY

7:45–8:30 AM	Core & More	Rockland
8:00–9:00 AM	Beginner Tai Chi / 24 Forms	Rockport / Lily Pond
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

THURSDAY

7:00–7:45 AM	Low Impact TRX	Rockport / 249
11:00–12:00	Chair Yoga	Rockland

FRIDAY

7:45–8:30 AM	Core & More	Rockland
8:45–9:30 AM	Healthy Seniors	Rockland
10:45–11:30 AM	Senior Strength&Stretch ADV	Rockport / 249
12:00–12:50 PM	Senior Strength, Stability and Balance	Rockport / 249

*No 12:00 PM Senior Strength 5/22 & 6/10

SOCIAL & CLUB OPPORTUNITIES:

Book Club

Friday, May 8 at 1:30–2:30 PM
Location: Penobscot Bay YMCA
Fee: FREE
BOOK: Theo of Golden by Allen Levi
A fable of friendship with kindness at its core!

Book Club!

Friday, June 8 at 1:30–2:30 PM
Location: Penobscot Bay YMCA
Fee: FREE
BOOK:TBD. We'll choose our book for June at the May book club meeting, if you have suggestions please share!

Active Older Adult Advisory Council for the Penobscot Bay YMCA!

Friday, May 15 at 1:30–2:30PM
Location: Penobscot Bay YMCA
Friday, June 26 starting at 1:30
SPECIAL MEETING: Bring your own picnic to Beech Hill!
Be a voice for the future of our Active Older Adult community! Let's build a vibrant 2026 centered on fun, fellowship, and wellness.

Spring Garden Party

Friday, May 22 at 1:00 PM
Location: Penobscot Bay YMCA
Bring a fresh salad or dessert to share and meet Destry Oldham Sibley of Wild Ones Midcoast Maine to learn about the importance and benefits of landscaping with native plants.

Walking Club

Fridays starting in May, dates TBA.
Location: Meeting at local trailheads
Ann Donaldson will lead walks on gentle trails.
Schedule available soon.

Hiking Club

Monthly May - October
4th Thursday at 8am starting May 28th
Location: Meeting at local trailheads - check hiking flyer
Certified Maine Guide Marion Gray will lead hikes on some of our more strenuous local trails.

Active Older Adult programs are sponsored by:



REGISTRATION:

- Classes listed in GREEN require registration for the entire session.
- Classes listed in BLACK require weekly registration, which opens 1 week prior to each class.
- Please try to register at least 1 hour before the class.

Member Registration: April 20
Non-member Registration: April 23

Scan QR code to register
Please Note: Schedule may change.



PROGRAM DESCRIPTIONS

LOW IMPACT TRX - Learn the basics of TRX and explore flexibility, muscle, core and balance.

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!

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 selfconfidence and independence! Please note: There is a drop-in fee for participants (non-members).

SENIOR, STRENGTH, STABILITY AND BALANCE - Come experience movement and strength with Sandy as she leads you through a seated with standing opportunities to increase strength, posture, balance and mobility,

SENIOR STRENGTH STRETCH ADVANCED - All the components of fitness: strength training, flexibility and balance will be addressed with the addition of mat core work. Participants should be prepared to bring their own mat and go to the floor. Both seated and standing, using free weights, bands and balls.

YOGA - 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.

AYURVEDIC YOGA - Join us for an all-levels vinyasa x kundalini style yoga flow, using breath work, physical postures, aromatherapy, and tailored poses to increase strength and flexibility, stimulate the lymphatic system, calm the nervous system, cultivate mindfulness, and use Ayurveda to promote peace, patience, and well-being within ourselves.

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.

SLOW FLOW YOGA - An all levels flow class in which each movement is linked with the breath. We commence the flow in a brief seated meditation, set an intention and practice various breath work techniques (pranayama).

BEGINNER TAI CHI/ 24 FORMS - Tai chi is an ideal way to relax deeply into mindful movement, improve balance and health of all kinds, and find a pleasant, grounding center for ourselves in the middle of challenging times. It has far-reaching benefits for most everyone.

TAI CHI FOR LIFE - Explore a shorter tai chi form that allows participants to focus specifically on improving balance and experiencing flow in a fun, easy-to-learn sequence that is suitable for most everyone, including those brand new to this proven practice. Tai chi enhances whole-body health.

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 prop and poses.