

Penobscot Bay & Rockland Harbor YMCA

ACTIVE OLDER ADULTS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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SUMMER SESSION: JUNE 29 – AUGUST 22

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
5:30–7:00 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
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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

SUMMER SCHEDULE ADJUSTMENTS:

Check **ONLINE REGISTRATION** to make sure your class is happening.

Active Older Adult programs are sponsored by:



SOCIAL & CLUB OPPORTUNITIES:

Spring Trip Information

Thursday, June 25 12:00 PM

Location: Penobscot Bay YMCA

Interested in joining the Journey Through Spain tour? Come learn more at a fun and relaxed informational gathering! Andrew Leighton and Tiffany Monroe from Dream Vacations will bring the trip to life with a simple tapas party and slide presentation featuring the culture, cuisine, and highlights of this unforgettable Spanish adventure. All are welcome!

Beech Hill Picnic

Friday, June 26 at 12:00 PM

Location: Beech Nut House

Take a hike with your friends and bring your own picnic for a gathering on Beech Hill to celebrate summer!

AOA Council Meeting

Friday, July 17 at 1:30 PM

Location: Penobscot Bay YMCA

Join us as we plan for our upcoming Beach Party at the Y! Share ideas, help organize activities, and be part of the fun summer celebration.

Beach Party!

Friday, July 24 at 1:30 PM

Location: Penobscot Bay YMCA

Join the AOA community for an afternoon of summer fun featuring beach ball volleyball, cornhole, and Beach Bingo! Bring a favorite snack or beach-inspired dish to share, prizes for bingo winners, and a contest for best beach attire

Hiking Club

Monthly May – October

4th Thursday at 8 AM 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.

Walking Club

Fridays at 1:30 PM

Location: Meeting at local trailheads – check walking flyer
Ann Donaldson will lead walks on gentle trails.

SAVE THE DATE: 8/28 1pm – ICE CREAM SOCIAL

Last updated June 12, 2026

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: June 22

Non-member Registration: June 25

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 self-confidence 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 workout 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.

AYURVEDIC YOGA - Join us for an all-levels vinyasa x kundalini style yoga flow, using breath work, physical postures, aromatherapy, and tailored practices 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.

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 props and poses.