

# Rockland Harbor YMCA SUMMER BREAK CLASSES JUNE 22 - JUNE 28



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

12 Water St. Rockland, ME 04841  
207.593.8500  
[www.penbayymca.org](http://www.penbayymca.org)  
[wellness@penbayymca.org](mailto:wellness@penbayymca.org)

## MONDAY, JUNE 22

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

## TUESDAY, JUNE 23

TRX & More with Tracy 7:45-8:30 AM  
Full Body Fit with Laura 5:30 - 6:15 PM

## WEDNESDAY, JUNE 24

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

## THURSDAY, JUNE 25

Full Body Fit with Laura 5:30 - 6:15 PM

## FRIDAY, JUNE 26

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

## SUNDAY, JUNE 28

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



**REGISTER:**

