Penobscot Bay YMCA – Rockport

ADULT GROUP FITNESS & SPORTS

SUMMER SESSION: JUNE 29 – AUGUST 22

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

116 Union St. Rockport, ME 04856
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MONDAY

5:40 - 6:40 AM	Group Power	Cyndi / 249
8:00 - 8:45 AM	Cycle	Willie / 249
9:15 - 10:15 AM	Body Blast	Tracy / 249
10:45 - 11:30 AM	Senior Strength&Stretch ADV	Chris / 249
12:00 - 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249
4:30 - 5:30 PM	Cycle & Strength	Allison / 249
4:30 - 5:45 PM	Yoga Nidra	Julie / Lily Pond
5:45 - 6:45 PM	Group Power	Dan / 249
6:30 - 7:30 PM	Adult - Learn to Climb & Belay	Sarah / Climbing wall

TUESDAY

5:45 - 6:30 AM	POUND!	Trina / 249
7:00 - 7:45 AM	Low Impact TRX	Norm / 249
7:45 - 8:45 AM	Tai Chi for Life	Julie / Lily Pond
8:00 - 8:45 AM	Cycle	Norm / 249
9:15 - 10:00 AM	TRX 45	Norm / 249
10:15 - 12:15 PM	Pickleball	Norm / Gym
12:00 - 12:45 PM	Cycle	Dan / 249
5:30 - 7:00 PM	Ayurvedic Yoga	Kelly / Lily Pond
6:00 - 7:30 PM	Traditional Okinawan Karate	David T / 249

WEDNESDAY

5:40 - 6:40 AM	Group Power	Dan / 249
8:00 - 8:45 AM	Cycle	Willie / 249
8:00 - 9:00 AM	Beginner Tai Chi/ 24 Forms	Julie / Lily Pond
8:00 - 9:00 AM	Intro to Pickleball	Norm / Gym
9:00 - 11:00 AM	Pickleball	Norm / Gym
9:15 - 10:15 AM	Group Power	Emily / 249
10:45 - 11:30 AM	Senior Strength&Stretch ADV	Chris / 249
12:00 - 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249
4:30 - 5:15 PM	Cycle & Strength	Allison / 249
5:30 - 6:30 PM	Yin & Restorative Yoga	Erin / Lily Pond
5:45 - 6:45 PM	Group Power	Cyndi / 249

SUMMER SCHEDULE ADJUSTMENTS:
Check ONLINE REGISTRATION to make sure your class is happening.

Blood drive dates:
- 6/23, 7/14,7/28, 8/11 & 8/25

THURSDAY

7:00 - 7:45 AM	Low Impact TRX	Norm / 249
8:00 - 8:45 AM	Cycle	Norm / 249
9:15 - 10:00 AM	TRX 45	Norm / 249
10:15 - 11:00 AM	Body Blast	Tracy / 249
10:15 - 12:15 PM	Pickleball	Norm / Gym
12:00 - 12:45 PM	Cycle	Dan/ 249
4:45 - 5:30 PM	POUND!	Trina / 249
6:00 - 7:30 PM	Traditional Okinawan Karate	David T / 249

FRIDAY

7:00 - 7:45 AM	Bollywood Beats Fitness	Manushi / 249
8:00 - 8:45 AM	Cycle	Willie / 249
9:15 - 10:15 AM	Sculpt Pilates	Allison / 249
10:45 - 11:30 AM	Senior Strength&Stretch ADV	Chris / 249
12:00 - 12:50 PM	Senior Strength, Stability and Balance	Sandy / 249

SATURDAY

7:30 - 8:15 AM	Cycle	Rotating / 249
9:00 - 10:15 AM	Yoga Moderate Flow	Katey / 249
9:00 - 10:00 AM	Kubudo	David T/ Lily Pond
10:30 - 12:00 PM	Traditional Okinawan Karate	David T/ 249

HOW TO REGISTER:

- Classes listed in PURPLE require registration for the entire session.
- All other classes listed in BLACK require weekly registration. Register weekly—sign-ups open 1 week in advance.
- Please try to register at least 1 hour before the class.
- The teacher listed for the class is not guaranteed and may sometimes be replaced by a substitute.

Member Registration: June 22
Non-member Registration: June 25

Please note: schedule may change.

SCAN QR TO REGISTER →

PROGRAM DESCRIPTIONS

BODY BLAST - Get a total body workout using weights and body weight exercises. Simple squats, lunges, presses and curls work all of your major muscle groups in this 60 minute class. Perfect for all fitness levels.

BOLLYWOOD BEATS FITNESS - Step into the world of Bollywood! You will learn exciting moves to popular Indian music, combining styles like hip-hop, Zumba, and traditional dance. This class is a great way to get moving, express yourself, and enjoy the beats of Bollywood.

CYCLE - Pedal through hill climbs, sprints, and many other challenging drills and exercises. An indoor cycling class set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning.

CYCLE & STRENGTH - A full-body workout designed for all ages and fitness levels, this class combines low-impact cardio on the bike with a variety of strength exercises targeting all major muscle groups. Strength training will incorporate both bodyweight and free weight movements. The primary focus is to improve cardiovascular endurance and overall physical strength. While the class offers a challenging workout, exercises can be modified to accommodate different fitness levels, ensuring that everyone can participate and progress at their own pace.

GROUP POWER® - This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With squats, lunges, presses and curls, this class is for all ages and fitness levels.

SCULPT PILATES - A full-body workout focused on building core strength, improving flexibility, and enhancing overall body awareness. In this class, exercises are performed on a mat using controlled movements and mindful breathing to strengthen the abdominal muscles, back, hips, and glutes while promoting proper alignment and posture. All levels are welcome—come move, strengthen, and reconnect with your body.

POUND! - Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Cost: members free/ $10 participants

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.

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

TRX 45 - A dynamic, full-body workout using TRX suspension straps to build strength, improve balance, and enhance core stability.

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.

AYURVEDIC YOGA – Join us for an all-levels vinyasa & 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.

YIN & RESTORATIVE YOGA - Yin yoga classes are characterized by their slow and meditative approach, focusing on the body's deeper connective tissues. Poses are held on the floor for 3 to 5 minutes to help release the fascia and supporting muscles. Combined with resting restorative poses and some guided reflexology with essential oils, enhances relaxation and finding peace with in one self.

YOGA MODERATE FLOW- 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.

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.

OKINAWAN KARATE - Come practice traditional Okinawan karate-do in a fun and welcoming environment! As a dojo associated with the World Matsubayashi-ryu Karatedo Association we focus on practicing Karate basics, the 18 traditional Kata, fighting techniques through safe and choreographed drills, and related applications. Any level welcome. Participants must be 13 or older.

KOBUDO - Students will explore classical Okinawan martial arts tools training, including bo, sai, tonfa, and nunchaku, with an emphasis on basics, kata, and practical application. Suitable for beginners and experienced martial artists alike, the class offers a disciplined, respectful environment to deepen both skill and understanding of this traditional art.

ADULT SPORTS

ADULT - LEARN TO CLIMB & BELAY - New to climbing? These beginner-friendly sessions teach essential belay skills, safety, and movement basics. Get comfortable on the wall with guided coaching and plenty of practice on ropes and auto belays. Join us each week to build skills at your own pace.

PICKLEBALL - Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. It's a wonderful alternative game for all ages, or for participants who have physical limitations such as joint problems.

For questions about ADULT SPORTS contact Benjie Blake: bblake@penbayymca.org.