

Penobscot Bay YMCA SUMMER BREAK CLASSES JUNE 22 - 27



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

MONDAY, JUNE 22

Cycle with Willie: 8:00 - 8:45 AM
Body Blast with Tracy: 9:15 - 10:15 AM
Senior Strength and Stretch ADV with Chris: 10:45 - 11:30 PM
Senior Strength, Stability and Balance with Sandy: 12:00 - 12:50 PM
Yoga Nidra with Julie: 4:30 - 5:45 PM (LILY POND)
Cycle and Strength with Allison: 4:30 - 5:30 PM

TUESDAY, JUNE 23

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, JUNE 24

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: 10:45 - 11:30 PM
Senior Strength, Stability and Balance with Sandy: 12:00 - 12:50 PM
Cycle and Strength with Allison: 4:30 - 5:30 PM
Yin and Restorative with Erin: 5:30 - 6:30 PM

THURSDAY, JUNE 25

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

FRIDAY, JUNE 26

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 Sandy: 12:00 - 1:00 PM

SATURDAY, JUNE 27

Traditional Okinawan Karate with David: 10:30 - 12:00 PM



REGISTER:

