

# Rockland Harbor YMCA ADULT GROUP FITNESS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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## SUMMER SESSION: JUNE 29 – AUGUST 23

### MONDAY

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

### FRIDAY

7:45-8:30 AM	Core & More	Chris
8:45-9:30 AM	Healthy Seniors	Sandy
5:15-6:00 PM	POUND!	Trina

### TUESDAY

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

### SUNDAY

6:30-7:30 PM	Kickboxing	David S
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### WEDNESDAY

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

### THURSDAY

7:30-8:30 AM	Yoga Moderate Flow	Lyndsey
5:30-6:15 PM	Full Body Fit	Laura

### ACTIVE OLDER ADULT OPPORTUNITIES

Hiking Club  
Walking Club  
Active Older Adult Council  
Social gatherings  
Check out website or Active Older Adult sheet for more information.

### OTHER OFFERINGS AT THE Y!

#### POOL FITNESS CLASSES

We have lots of opportunities to get in the pool! Classes, like SPLASH DANCE for a fun way to workout in the water. Master Swimming for experienced adult swimmers. Private swim lessons. Check our website or Adult Group Fitness Program sheet for more information.

#### RED CROSS BLOOD DRIVES:

- 6/23, 7/14, 7/28, 8/11 & 8/23

Location: Penobscot Bay YMCA

### HOW TO REGISTER

- Classes listed in RED require registration for the entire session.
- Classes listed in BLACK require weekly registration.
- Registration for weekly classes opens 1 week prior.
- 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

### SCAN QR TO REGISTER

Please note: schedule may change.



### Important Class Cancellations:

- Yoga Moderate Flow canceled 7/2, 7/9 & 8/27



# PROGRAM DESCRIPTIONS

**BEGINNER YOGA FLOW** - This beginner-friendly yoga flow is designed for those new to yoga or returning after a break. The class focuses on simple, easy-to-follow movements that build strength, flexibility, and body awareness at a comfortable pace. You'll learn foundational poses, basic breathing techniques, and how to move mindfully between postures. Modifications and guidance are offered throughout, making it a supportive and welcoming space. No prior experience is needed—just come as you are and be ready to move, stretch, and relax.

**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!

**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.

**COOL DOWN YOGA** - Take more you-time for muscle recovery. Lengthen the muscles exercised in Full Body Fit in this yoga-inspired post workout stretch with certified yoga instructor.

**FULL BODY FIT** - This class will include low impact cardio warm up, followed by strength training and abs. Perfect for anyone interested in increasing their lean body mass and their metabolism!

**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!

**KICKBOXING** - Kickboxing uses a combination of endurance and strength training that uses nearly every muscle in your body. No more trying to decide between cardio and strength training! Kickboxing also teaches self defense foundations, which can make you more aware & keep you feeling confident in your ability to handle yourself in tense situations. Adults only.

**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

**TRX & MORE** - Strength, stability, and serious core work — all in one powerful class. Using the TRX suspension system, you'll engage multiple muscle groups through bodyweight resistance training that builds functional strength and endurance. The "More" means we'll mix in mat-based core work. Great for all fitness levels, with plenty of options to progress or modify. Come ready to sweat, strengthen, and surprise yourself.

**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.

## 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.