



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

April 5th - June 2021 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30AM-6:30AM Aqua Fitness Pool w/Andy		5:30AM-6:30AM Aqua Fitness Pool w/Andy		
8AM-9AM Aerobics for All GYM w/Abby ZOOM		8:00AM-9:00AM Aerobics for All GYM w/Abby ZOOM		8:00AM-9:00AM Aerobics for All GYM w/Abby ZOOM	8:15-9:00AM Cycle Studio w/Abby
8:00-8:45AM Aqua Aerobics Pool w/Erin		8:00-8:45 AM Aqua Aerobics Pool w/Erin		8:00-8:45 AM Aqua Aerobics Pool w/Miri	
8:00-9:00AM Zumba w/Monica ZOOM				8:00-9:00AM Zumba w/ Sarah H. ZOOM	
9:00-10:15AM Yoga w/Romee ZOOM	9:15-10:15AM PIYO Stretch CC Room w/Lori	9:00-10:15AM Yoga w/Romee ZOOM	9:15-10:15AM PIYO Stretch CC Room w/Lori	9:00-10:00AM YOGA w/Steph ZOOM	
	9:30-10:15AM Seniors in Motion GYM w/Robin		9:30-10:15AM Seniors in Motion GYM w/Abby	9:30-10:15AM Sit and Stretch CC ROOM w/Robin	
	10:00-10:45AM Aqua Aerobics w/EJ *Fee based class		10:00-10:45AM Aqua Aerobics w/EJ *Fee based class		
11:15-12 noon Cycle Studio w/Abby		11:15-12 noon Cycle Studio w/Abby			
	5:00-6:00PM Cardio and Strength CC Room w/Bonnie FACEBOOK				

How to access our Virtual Y Page and Zoom Classes

1. Access the page by following this link to www.brymca.y.org
2. Use your YMCA membership tag and the 6 digit barcode number on the back of the tag to gain access.
3. Enjoy all our Zoom Classes, Video Library, and Healthy Living Blogs

BOOTHBAY REGION YMCA

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