Boothbay Region YMCA

Healthy Living Fall 2 Schedule – (November 2 – December 19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge	5:30-6:30AM Aqua Fitness	5:30-6:30AM Total Body Challenge	5:30-6:30AM Aqua Fitness	5:30-6:30AM Total Body Challenge	
8:00-8:45AM Low Impact Aerobics Tagliabue		8:00-8:45 AM Low Impact Aerobics Tagliabue		8:00-8:45AM Low Impact Aerobics Tagliabue	
8:00-8:45AM Aqua Aerobics w/David		8:00-8:45 AM Aqua Aerobics w/Lolly		8:00-8:45 AM Aqua Aerobics w/Erin	
8:00-8:45AM Cycle Snider w/ Lauren	8:00-8:45AM Cycle Snider w/Lolly		8:00-8:45AM Cycle Snider w/Caroline		
8:00-9:00AM Zumba Studio Sarah/Monica			8:00-9:00AM Zumba Tagliabue Sarah/Monica		8:15-9:00AM Cycle Snider w/Abby
9:00-9:45AM TRX Fusion $FEE Begins 11/2 Studio w/ Lauren					
8:50-9:30AM Aqua Stretch & Balance $FEE Begins 11/2	8:30-9:30AM Chair Yoga Winslow Room w/Judy	8:50-9:30AM Aqua Stretch & Balance $FEE	8:30-9:30AM Chair Yoga Winslow Room w/Judy		8:30-9:30AM Zumba Tagliabue Sarah/Monica
9:15-10:30AM Yoga Tagliabue	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Yoga Tagliabue w/Romee	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Body, Breath & Mind- Yoga Tagliabue w/Karen	9:45-10:30AM Strength & Stretch Tagliabue w/Abby
	9:30-10:15AM Seniors in Motion Tagliabue w/Lolly		9:30-10:15AM Seniors in Motion Tagliabue w/Lolly	9:30-10:15AM Sit and Stretch Winslow Room w/Lolly	
PM CLASSES					
3:45-4:30PM Zumba $FEE Tagliabue with Julie	3:45-4:30PM Fall Bootcamp $FEE Tagliabue with Maura				
5:15-6:00PM Aqua Bootcamp w/Erin $FEE Begins 11/2		5:15-6:00PM Aqua Bootcamp w/David $FEE			
5:15-6:00PM Absolute Strength Tagliabue w/ Alaina		5:15-6:00PM Absolute Strength Tagliabue w/ Alaina	5:15-6:00PM Cycle *Day Change Snider w/ Abby		

AQUA STRETCH & BALANCE – Designed to improve balance, flexibility, and tone muscles with support of the water on the Ann Leach Therapy Pool.

ABSOLUTE STRENGTH- Strengthen your entire body with a mix of body-weight exercises, weights, and Pilates-inspired movements designed to build muscle, balance, and overall conditioning.

BODY, BREATH & MIND YOGA - Explore gentle movement, yoga, qigong, breathwork, and meditation to release tension, improve flexibility, and discover greater freedom, relaxation, and connection between body and mind.

CHAIR YOGA- Improve flexibility, balance, and relaxation with gentle yoga using a chair for support. Focuses on stretching, breathing, and mindful movement for all abilities.

CYCLE- A low-impact cardio workout on spin bikes where you control your pace. Great for all levels, with instructor guidance to help you get started and stay challenged.

FALL BOOTCAMP – This high-energy full-body workout combines strength training, cardio intervals, and functional movements to build endurance, burn calories, and improve overall fitness.

LOW IMPACT AEROBICS- A fun, low-impact full-body workout with cardio, weights, stretching, balance, and upbeat music to keep you moving and feeling strong.

PILATES YOGA STRETCH- A gentle class combining Pilates and yoga to improve balance, strength, and flexibility. Ideal for those seeking a slower, mindful pace.

SENIORS IN MOTION - Low-impact exercises designed to improve strength, balance, flexibility, and mood for older adults of all fitness levels.

SIT & STRETCH- A seated 45-minute class featuring a full-body warm-up and guided stretching from head to toe, with rest breaks encouraged.

STRENGTH & STRETCH - A 45-minute class combining gentle strength training, core work, and stretching with optional equipment and modifications for all levels.

TRX FUSION - A 45-minute Fusion Class, where she'll blend suspension-based training exercise with Pilates-inspired movements.

TOTAL BODY CHALLENGE- A multi-level full-body workout targeting all major muscle groups with strength and conditioning work, held indoors and outdoors across YMCA facilities.

YOGA- A movement flow with breathing and meditation to improve body, mind, and spirit while building strength and flexibility.

ZUMBA®- A high-energy, Latin-inspired dance cardio workout that is fun, dynamic, and suitable for all fitness levels.