

Boothbay Region YMCA

Healthy Living Fall Schedule – August 31 – December 18

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	8:00-8:45 AM Aqua Fit Aerobics \$FEE Begins 9/15	8:00-8:45 AM Aqua Aerobics	8:00-8:45 AM Aqua Fit Aerobics \$FEE Begins 9/17	8:00-8:45 AM Aqua Aerobics	
8:00-8:45AM Cycle Snider w/ Lauren	8:00-8:45AM Cycle Snider w/Lolly		8:00-8:45AM Cycle Snider w/Caroline	8:00-8:45AM Cycle Snider w/Janice 9/11-9/30	
8:00-9:00AM Zumba Studio Sarah/Monica			8:00-9:00AM Zumba Tagliabue Sarah/Monica		8:15-9:00AM Cycle Snider w/Abby
8:50-9:30AM Aqua Stretch & Balance \$FEE Begins 9/14	8:30-9:30AM Chair Yoga Winslow Community Room w/Judy	8:50-9:30AM Aqua Stretch & Balance \$FEE Begins 9/16	8:30-9:30AM *NEW* Chair Yoga Winslow Community 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 Yoga Tagliabue w/Karen	9:45-10:30AM Strength & Stretch Tagliabue w/Abby
9:15-10:00AM Strength & Circuits Downstairs w/Janice 9/14-9/30	9:30-10:15AM Seniors in Motion Tagliabue w/Lolly	9:15-10:00AM Strength & Circuits Downstairs w/Janice 9/9-9/30	9:30-10:15AM Seniors in Motion Tagliabue w/Lolly	9:30-10:15AM Sit and Stretch Winslow Community Room w/Lolly	
PM CLASSES					
5:15-6:00PM Aqua Bootcamp \$FEE Begins 9/14		5:15-6:00PM Aqua Bootcamp \$FEE Begins 9/16			
5:15-6:00PM Absolute Strength Tagliabue w/Alaina	5:15-6:00PM Cycle Snider w/ Abby	5:15-6:00PM Absolute Strength Tagliabue w/Alaina			
Room Key					
POOL	Winslow Community	Tagliabue Studio (Upstairs)	Snider Spin Studio	Downstairs Studio	8/17/2026

CLASS DESCRIPTIONS

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.

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.

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.

STRENGTH & CIRCUITS- A 45-minute circuit-style workout using dumbbells, bands, and equipment to build strength and improve cardiovascular fitness. (9/14 – 9/30)

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.