

# Boothbay Region YMCA

## Healthy Living Summer Schedule - June 8 – August 21

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|---|--|--|--|--|--|
| 5:30-6:30AM<br>Total Body Challenge                         | 5:30-6:30AM<br>Aqua Fitness  | 5:30-6:30AM<br>Total Body Challenge                        | 5:30-6:30AM<br>Aqua Fitness  | 5:30-6:30AM<br>Total Body Challenge                                  |  |
| 8:00-8:45AM<br>Low Impact Aerobics<br>Tagliabue             |  | 8:00-8:45 AM<br>Low Impact Aerobics<br>Tagliabue           |  | 8:00-8:45AM<br>Low Impact Aerobics<br>Tagliabue                      |  |
| 8:00-8:45AM<br>Aqua Aerobics                                |  | 8:00-8:45 AM<br>Aqua Aerobics                              |  | 8:00-8:45 AM<br>Aqua Aerobics  |  |
| 8:00-8:45AM<br>Cycle<br>Snider w/ Lauren                    | 8:00-8:45AM<br>Cycle<br>Snider w/Lolly                                 |  | 8:00-8:45AM<br>Cycle<br>Snider w/Caroline                                | 8:00-8:45AM<br>Cycle<br>Snider w/ Janice                             |  |
| 8:00-9:00AM<br>Zumba<br>Studio Sarah/Monica                 |  |  |  |  | 8:15-9:00AM<br>Cycle<br>Snider w/Abby                  |
|   | 8:30-9:30AM<br>Chair Yoga<br>Winslow Community Room<br>w/Judy          |  | 8:00-9:00AM<br>Zumba<br>Tagliabue Sarah/Monica                           |  | 8:30-9:30AM<br>Zumba<br>Tagliabue Sarah/Monica         |
|   | 8:30-9:20AM<br>BRB TWIST *NEW*<br>Tagliabue w/ Catherine<br>*6/23-8/18 |  |  |  |  |
| 9:15-10:30AM<br>Yoga<br>Tagliabue                           | 9:00-10:15AM<br>Pilates / Yoga Stretch<br>Studio w/Lori                | 9:15-10:30AM<br>Yoga<br>Tagliabue w/Romee                  | 9:00-10:15AM<br>Pilates / Yoga Stretch<br>Studio w/Lori                  | 9:15-10:30AM<br>Yoga<br>Tagliabue w/Karen                            | 9:45-10:30AM<br>Strength & Stretch<br>Tagliabue w/Abby |
| 9:15-10:00 AM<br>Strength & Circuits<br>Downstairs w/Janice | 9:30-10:15AM<br>Seniors in Motion<br>Tagliabue w/Lolly                 | 9:15-10:00AM<br>Strength & Circuits<br>Downstairs w/Janice | 9:30-10:15AM<br>Seniors in Motion<br>Tagliabue w/Lolly                   | 9:30-10:15AM<br>Sit and Stretch<br>Winslow Community Room<br>w/Lolly |  |
|   |  |  | 10:30-11:30AM<br>BRB Twist *NEW*<br>Tagliabue w/ Catherine<br>*6/25-8/20 |  |  |
| <b>PM CLASSES</b>   |  |  |  |  |  |
| 5:15-6:00PM<br>Aqua Bootcamp<br>\$FEE                       |  | 5:15-6:00PM<br>Aqua Bootcamp<br>\$FEE                      |  |  |  |
| 5:15-6:00PM<br>Absolute Strength<br>Tagliabue w/Alaina      | 5:15-6:00PM<br>Cycle<br>Snider w/ Abby                                 | 5:15-6:00PM<br>Absolute Strength<br>Tagliabue w/Alaina     |  |  |  |
| <b>Room Key</b>   |  |  |  |  |  |
| <b>POOL</b>   | Winslow Community  | Tagliabue Studio<br>(Upstairs)                             | Snider Spin Studio   | Downstairs Studio  |  |

## 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.

**BOOTHBAY REGION BOOTCAMP TWIST (BRB Twist)**- A challenging cardio and strength fusion class combining high-energy cardio (including kickboxing) with Pilates and Barre-inspired sculpting for a full-body workout.

**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 (formerly Enhanced Fitness)**- 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 & CIRCUITS**- A 45-minute circuit-style workout using dumbbells, bands, and equipment to build strength and improve cardiovascular fitness.

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

**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.