



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY-MARCH 2021 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	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-8:45AM Tai Chi - Part 1 CC Room w/Robin	8:00AM-9:00AM Aerobics for All GYM w/Abby ZOOM	8:00AM-8:45AM Tai Chi - Part 1 CC Room w/Robin	8:00AM-9:00AM Aerobics for All GYM w/Abby ZOOM
8:00-8:45AM Aqua Aerobics Pool w/Erin	9:00-9:45AM Tai Chi - Part 2 CC Room w/Robin	8:00-8:45 AM Aqua Aerobics Pool w/Lolly	9:00-9:45AM Tai Chi - Part 2 CC Room w/Robin	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 & Steph ZOOM	9:15-10:15AM PIYO Stretch CC Room w/Lori	9:00-10:00AM YOGA w/Steph ZOOM
	9:30-10:15AM Seniors n Motion GYM w/Lolly		9:30-10:15AM Seniors n Motion GYM w/Abby	9:30-10:15AM Sit n Stretch CC ROOM w/Lolly
	10:30-11:30AM Enhance Fitness CC Room w/Robin		10:30-11:30AM Enhance Fitness CC Room w/Robin	<u>SATURDAY!</u>
11:15-12 noon Cycle Studio w/Bill C.	10:30-11:30AM Boxing & Fitness For Parkinson's Studio w/Abby	11:15-12 noon Cycle Studio w/Lolly	10:30-11:30AM Boxing & Fitness for Parkinson's Studio w/Abby	8:15-9:00AM Cycle Studio w/Abby
	5:00-6:00PM CardioStrength CC Room w/Bonnie FACEBOOK		5:00-6:00PM Barre & More w/Lolly ZOOM &FACEBOOK	9:15-10:15AM Enhance Fitness CC Room w/Abby

BOOTHBAY REGION YMCA

261 Townsend Avenue, P.O. Box 500, Boothbay Harbor, ME 04538
Tel: 207.633.2855 · Fax: 207.633.6865 · www.boothbayregionymca.org