



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Healthy Living Class Schedule Start Date: August 3

RED = SOMETHING NEW **BLUE=POOL** **GREEN = OUTSIDE**

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30AM Total Body Challenge (TBC) w/Meagan/Andy		5:30-6:30 AM Total Body Challenge (TBC) w/Meagan/Andy		5:30-6:30AM Total Body Challenge (TBC) w/Meagan/Andy
7:45-8:45AM Aerobics for All Gym w/Abby Also ZOOM with Fee for Non-Members	8:00-8:45AM Tai Chi for Better Health w/Robin STARTS AUG. 11 *Max - 6 people	7:45-8:30AM Aerobics for All Gym w/Abby Also ZOOM with FEE for Non-Members	8:00-8:45AM Tai Chi for Better Health CC Room w/Robin STARTS AUG. 13 *Max - 6 people	8:00-9:00AM Aerobics for All OUTSIDE BB Common w/Abby FEE for Non-Members
8:00-8:45AM Aqua Aerobics Pool w/Lolly		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 GYM w/Monica Also ZOOM with Fee for Non-Members		8:00-9:00 AM Barre w/Lolly Zoom with Fee for Non-Members	8:00-9:00AM Zumba GYM w/Sarah H. Also ZOOM with Fee For Non-Members
	9:15-10:15AM PIYO Stretch CC Room w/Lori *Max - 6 people		9:15-10:15AM PIYO Stretch CC Room w/Lori *Max - 6 people	9-10:00AM Yoga OUTSIDE BB Common w/Steph FEE for Non-Members
	9:30-10:15AM Seniors n Motion GYM w/Abby		9:30-10:15AM Seniors n Motion GYM w/Lolly	9:15-10AM Sit n Stretch CC ROOM w/Lolly *Max - 6 people
11:15-12 noon Cycle Field House- Court 2 w/Abby	10:30-11:30AM Boxing for Parkinson's GYM w/Abby and Robin	11:15-12 noon Cycle Field House- Court 2 w/Lolly	10:30-11:30AM Boxing for Parkinson's GYM w/Catherine and Robin	
	5:00-6:00PM Strength Stretch CC Room & Facebook Live w/Bonnie *Max - 6 people			

BOOTHBAY REGION YMCA

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