



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 2022 Healthy Living Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool w/Andy	5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool w/Andy	5:30-6:30AM Total Body Challenge w/Meagan
8:00-9:00AM Aerobics for All and ZOOM GYM w/Abby		8:00-9:00AM Aerobics for All and ZOOM GYM w/Abby		8:00-9:00AM Aerobics for All and ZOOM GYM w/Abby
8:00-8:45AM Aqua Aerobics Pool w/Miri		8:00-8:45 AM Aqua Aerobics Pool w/Erin		8:00-8:45 AM Aqua Aerobics Pool w/Lolly
8:00-9:00AM Zumba Studio and ZOOM w/Monica/Sarah H.	8:15-9:00AM Cycling Cycle Room w/Abby		8:15-9:00AM Cycling Cycle Room w/Lolly	8:00-9:00AM Zumba Studio and ZOOM w/Sarah H.
9:15-10:15AM Yoga Studio w/Maria	9:00-10:15AM Pilates/Yoga Stretch Studio w/Lori	9:00-10:15AM Yoga and ZOOM Studio w/Romee	9:00-10:15AM Pilates/Yoga Stretch Studio w/Lori	9:15-10:15AM Yoga Studio w/Steph
	9:30-10:15AM Enhance Fitness Gym w/Robin		9:30-10:15AM Enhance Fitness Gym w/Lolly	9:30-10:15AM Enhance Fitness (Formally Sit and Stretch) Gym w/Lolly
11:00-11:45AM Cycling Cycle Studio w/Abby	10:30-11:30AM Rock Steady Boxing Gym w/Robin	11:00-11:45AM Cycling Cycle Studio w/Lolly	10:30-11:30AM Rock Steady Boxing Gym w/Robin	
5:00-5:45PM TRX Studio w/Abby Starts 9/12	5:15-6:00PM Parent & Me Bootcamp Studio w/Rudi <i>*Begins 9/6 and is a fee-based class</i>			

BOOTHBAY REGION YMCA

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