



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

June 13 - August 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 GYM and ZOOM w/Abby		8:00-9:00AM Aerobics for All GYM and ZOOM w/Abby		8:00-9:00AM Aerobics for All 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	8:15-9:00AM Cycle Studio Abby *Begins 6/14		8:15-9:00AM Cycle Studio Abby *Begins 6/16	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	9:00-10:00AM Yoga Studio w/Steph
	9:30-10:15AM Enhance Fitness Gym w/Robin 3/22-7/2 7/5-10/22		9:30-10:15AM Enhance Fitness GYM w/Lolly 3/22-7/2 7/5-10/22	9:30-10:15AM Sit and Stretch Gym w/Lolly
11:00-11:45 Cycle Studio w/Abby	10:30-11:15AM Rock Steady Boxing Studio w/Robin	11:00-11:45 Cycle Studio w/Lolly	10:30-11:15AM Rock Steady Boxing Studio w/Robin	
	4:00-4:45PM TRX Basics Studio w/ Abby *Begins 6/14			<ul style="list-style-type: none"> Schedule is subject to change

BOOTHBAY REGION YMCA

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