



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 7 – October 30, 2021

Healthy Living Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	8:00-8:45AM Aqua Aerobics Pool w/Erin <i>*Fee based class \$25</i> *Session 9/7-10/28	8:00-9:00AM Aerobics for All GYM and ZOOM w/Abby	8:00-8:45AM Aqua Aerobics Pool w/Lolly <i>*Fee based class \$25</i> *Session 9/7-10/28	8:00-9:00AM Aerobics for All GYM and ZOOM w/Abby	8:15-9:00AM Cycle Cycle Studio w/Abby or Lolly
8:00-8:45AM Aqua Aerobics Pool w/Miri	8:00-9:00AM Cycle w/ Carla Cycle Studio <i>*Fee based class \$25</i> *Session 9/7-10/28	8:00-8:45 AM Aqua Aerobics Pool w/Erin	8:00-9:00AM Cycle w/ Carla Cycle Studio <i>*Fee based class \$25</i> *Session 9/7-10/28	8:00-8:45 AM Aqua Aerobics Pool w/Lolly	
8:00-9:00AM Zumba CC Room and ZOOM w/Monica	8:00-9:00AM Beginner Tai Chi CC Room w/Robin <i>*Fee based class \$65/105</i> *Session 9/7-11/11		8:00-9:00AM Beginner Tai Chi CC Room w/Robin <i>*Fee based class \$65/105</i> *Session 9/7-11/11	8:00-9:00AM Zumba CC Room and ZOOM w/Sarah H.	
9:15-10:00AM Yoga Studio w/Maria	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:00AM Yoga w/Steph ZOOM	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:00AM Yoga w/Steph ZOOM	
	9:30-10:15AM Seniors in Motion (EnhanceFitness) CC Room w/Robin		9:30-10:15AM Seniors in Motion (EnhanceFitness) GYM w/Lolly	9:30-10:15AM Sit and Stretch CC ROOM w/Lolly	
11:15-12 noon Cycle Studio Studio w/Abby		11:15-12 noon Cycle Studio Studio w/Lolly			
	4:30-5:00pm TRX Studio w/Abby <i>*Fee based class \$10</i> *Session 9/7-10/26				Key Code Red – *Fee based class for all registrations for a fall session
	5:15-6:00PM Bootcamp Studio w/Ejaye		5:15-6:00PM Bootcamp Studio w/Ejaye		Water Aerobic Classes – M/W/F included in your membership and T/TH fee-based class

How to access our Virtual Y Page and Zoom Classes

1. Access the page by following this link to www.boothbayregionymca.org
2. Use your YMCA membership tag and the 6 digit barcode number on the back of the tag to gain access.
3. Enjoy all our Zoom Classes, Video Library, and Healthy Living Blogs