



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 1 – December 31, 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 11/2-12/14	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 11/4-12/16	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 11/2-12/28	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 11/2-12/30	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 Tai Chi Practice CC Room w/Robin <i>*Fee based class \$40</i> *Session 11/16-12/21		8:00-9:00AM Tai Chi Practice CC Room w/Robin <i>*Fee based class \$40</i> *Session 11/18-12/23	8:00-9:00AM Zumba CC Room and ZOOM w/Sarah H.	
	8:45-9:15AM Aqua Stretch & Balance Pool w/Erin <i>*Fee based class \$20</i> *Session 10/1-12/14	8:30-9:45AM Yoga Stretch and Holiday Health Studio w/Romee <i>*Fee based class \$25</i> *Session 11/10-12/29 ---- 12 Maximum ----	8:45-9:15AM Aqua Stretch & Balance Pool w/Erin <i>*Fee based class \$20</i> *Session 10/4-12/16		
9:15-10:15AM Yoga Studio w/Maria	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:00AM Yoga w/Steph ZOOM <i>*No class 11/17,11/24</i>	9:15-10:15AM Pilates and Yoga Stretch Studio w/Lori	9:00-10:00AM Yoga w/Steph ZOOM <i>*No class 11/19,11/26</i>	
	9:30-10:15AM Seniors in Motion (EnhanceFitness) Gym 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 w/Abby		11:15-12 noon Cycle Studio w/Lolly			
5:15-6:00PM Parent & Me Bootcamp Studio w/Erin <i>*Fee based class \$20</i>	5:15-6:00PM Bootcamp Studio w/Ejaye		5:15-6:00PM Bootcamp Studio w/Ejaye		

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