



PISCATAQUIS REGIONAL YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
AQUACISE 8:30-9:30 AM		YOGA W/ DANI 8:30-9:15A		AQUACISE 8:30-9:30A		Stretch & Tone 8:30- 9:00A **New Class		AQUACISE 8:30-9:30A			
FOREVER FIT 10:00- 10:45 AM	WALLY BALL 10:00- 11:00A			FOREVER FIT 10:00- 10:45A	WALLY BALL 10:00- 11:00A	ZUMBA® GOLD 10:00- 10:45AM **New Class		FOREVER FIT 10:00- 10:45A	WALLY BALL 10:00- 11:00A		
						AQUA Zumba® 11:00 - 11:45 am *Starts 3/18 **New Class					
				TAI CHI FOR HEALTH 12:00- 12:45P				TAI CHI FOR HEALTH 12:00- 12:45p			
MORITA'S SCHOOL OF DANCE 3:30-8:00P		Stretch & Tone 5:30- 6:00P **New Class		ZUMBA® SENTAO 5:15- 6:00P **New Class		Stretch & Tone 5:30- 6:00P **New Class				POOL	
		Tabata 6:15- 7:00P **New Class		ZUMBA® 6:15-7:00P		HIIT 6:15-7:00P				COURT 1	
										GROUP FITNESS ROOM	



Class Title	Description	Times Offered
Forever Fit	A low impact class perfect for those who can no longer exercise with heavy weights or running due to joint degeneration, loss of balance and overall reduction in physical fitness. This class involves mild cardio, light weights and balance activities all in a controlled, safe environment.	10:00-10:45am Monday/ Wednesday/ Friday
Yoga	Learn breathing techniques, body positions and relaxation through meditation to keep you centered and balance. Candance is fond of technique focus and transition position changes while Dani utilizes some Pilates techniques to improve strength and flexibility. All levels welcome, yoga mats and other equipment available.	8:30-9:15am Tuesday
Stretch + Tone	Living in a cold environment like Maine can cause the rigors of daily life to affect both your body's ability to move freely and your body composition. This class will do it's best to address both! With an emphasis on muscle health, length, and quality, this class will focus on shorter circuits designed to upgrade your body's movement and ability to handle external stress. You can expect to sweat, laugh, and conquer challenges every class, and will be met with a positive attitude at the door!	5:30-6:00 pm Tuesday & Thursday 8:30-9:00 am Thursday
Tai Chi for Health	Tai Chi is a low impact total body workout involving slow, controlled movements through full range of motion with deep breathing. Tai Chi utilized weight transfers to improve balance and prevent falls. Chairs are available and make this class great for all fitness and mobility levels.	12:00-12:45pm Wednesday/Friday
Zumba®	Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.	5:30-6:30pm Tuesday
H.I.I.T	This great class combines intense bursts of cardio, body-weight exercises, core conditioning, and targeted weight training. Designed to challenge all fitness levels.	6:15-7:00pm Thursday
Zumba® Gold	Zumba® is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements for the Older Active Adult or Zumba® beginner! <i>It's exercise in disguise!</i>	10:00-10:45 am Thursday
Tabata	This class focuses on power output and muscle strength. What is power? Power is a measurement of your body's ability to move a weight quickly over a large amount of distance. This translates to everything from your ability to carry groceries in from the car to catching yourself after a slip on ice. The best way to develop this is by doing Tabata! You can expect a combination of cardio machine use, light free weights, and battle ropes to be used within sets of quick intervals with a quick turn around between sets. Bring some water!!	6:15-7:00 am Tuesday

Class Title	Description	Times Offered
Aquacise	The benefits of both deep and shallow water in one class! Low to no impact; great way to rev up your metabolism. This class is cardio and toning combined. Uses a variety of pool equipment to add resistance and variety. Appropriate for all ability levels	8:30-9:15am Monday/ Wednesday/ Friday
Aqua Zumba®	Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, shouting, and laughing. Integrating Zumba® dance class with traditional aqua fitness disciplines.	11:00-11:45 am Thursday

Important:

Each participant will clean their own equipment used with their personal spray bottle

Please remain at least 6 feet apart at all times

Masks are required

Please be considerate of other members at staff

