



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# Train with others and have a blast! JOIN OUR GROUP TRAINING WORKOUTS

Summer Schedule (June 27<sup>th</sup> – September 25<sup>th</sup>, 2022)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>STRONG FOR LIFE</b> 9:00–9:45a / Weight Room		 <b>STRONG FOR LIFE</b> 9:00–9:45a / Weight Room   <b>BOOT CAMP</b> 6:00–6:45p / Weight Room		 <b>STRONG FOR LIFE</b> 9:00–9:45a / Weight Room

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All classes are subject to changes and cancellations without notice per the discretion of fitness management.

**Drop in anytime to try out our Group Training Workouts! These workouts are FREE with your Bangor Region YMCA membership and are run by Certified Instructors.**

### BOOT CAMP 45 min. Class

Get back to basics with our boot camp class. These group sessions, which focus on military-style exercises and functional movements like push-ups, squats, sprints, sit-ups and much more, provide a great workout and a chance to sweat and push yourself towards a new level of fitness.

### STRONG FOR LIFE 45 min. Class

A fitness program for active older adults that will help improve balance and overall muscle strength by using weights and other resistance exercises. Especially beneficial in reducing the impact of osteoporosis. Class starts with a warm up and continues with 30 minutes of strength training exercises, followed with core, balance and stretching. All demonstrated by your instructor for optimal success in this class.

**PLEASE NOTE:** The Bangor Region YMCA's Group Training schedule is subject to change due to low attendance as well as instructor and space availability. A new schedule is put out quarterly and we make every effort to communicate changes at least two weeks before the change takes place.

### THE BANGOR REGION YMCA

17 Second Street, Bangor ME 04401  
P 207 941 2808 F 207 941 2812  
www.BangorYMCA.org



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## SPECIAL RATE

Save up to 30% OFF  
Punch Passes This Summer!

### NON-MEMBER PUNCH PASSES

Non-Members can purchase punch passes to participate in any group exercise class on a drop-in basis.

10 Classes: \$60 ~~\$90~~

20 Classes: \$100 ~~\$140~~

Valid through September 8th, 2022



Customize your fitness schedule and have it with you wherever you go. Download our mobile app today! Search for "Daxko".