

★ Free Classes  
for Y Members

**PISCATAQUIS REGIONAL YMCA PROGRAM SCHEDULE AUGUST 14-27, 2017**

**WEEKDAYS**  
**WEEKEND**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 - 8:00	★ <b>Pound ®</b> 7:00-7:45 (starts Aug 7)					7:00 - 8:00
8:00 - 8:30			IndoorCycling 6:30-7:30			8:00 - 8:30
8:30-9:00	★ Water Aerobics	★ Zumba ®	★ Water Aerobics	★ Water Aerobics	★ Core Conditioning	8:30-9:00
9:00 - 9:30	★ Yoga	★ Step & More	★ Strength & Toning 8:30-9:15	★ Water Aerobics	★ Water Aerobics	9:00 - 9:30
9:30 - 10:00	9:15-10:15 ★ Yoga		★ Yoga		★ Forever Fit	9:30 - 10:00
10:00-10:30	★ Forever Fit	★ Wally Ball	★ Kiwanis Swim	★ Kiwanis Swim	★ Wally Ball	10:00-10:30
10:30-11:00		(10:15-11:30a) ★ Wally Ball	9:30-11:45 (ends August 1)	9:30-11:45 (ends August 3)	(10:15-11:30a) ★ Wally Ball	10:30-11:00
11:00 - 11:30						11:00 - 11:30
11:30 - Noon						11:30 - Noon
Noon - 2:30						Noon - 2:30
2:30 - 3:30						2:30 - 3:30
3:30 - 4:30						3:30 - 4:30
4:30 - 5:15						4:30 - 5:15
5:15 - 5:30				★ Boot Camp		5:15 - 5:30
5:30 - 6:00	Swim Lessons	★ Alpha Dog Boot Camp	★ Zumba ®	★ Pound ®	★ Open Swim	5:30 - 6:15
6:00-6:30				Swim Lessons	5:30-6:45 (1st Friday is Community Free Swim)	6:15- 6:30
6:30 - 7:00	5:45-7:30 (starts Oct 2)			6:15-7:30 (starts Oct 4)		6:30 - 7:00
7:00 - 7:30					CLOSED	7:00 - 7:30
Time	Saturday					Time
8:00 - 9:00	Indoor Cycling	<b>COLOR KEY</b> <div style="display: flex; justify-content: space-between;"> <div style="background-color: red; color: white; padding: 2px;">FITNESS STUDIO</div> <div style="background-color: purple; padding: 2px;">COURT 1</div> </div> <div style="display: flex; justify-content: space-between;"> <div style="background-color: green; padding: 2px;">COURT 2</div> <div style="background-color: blue; padding: 2px;">POOL</div> </div>				

Last class is July 29 & will return on September 9



**PISCATAQUIS REGIONAL YMCA  
OPEN SWIM/LAP POOL SCHEDULE  
AUGUST 14 - AUGUST 27, 2017  
(SUBJECT TO CHANGE)**

**Piscataquis Regional YMCA  
48 Park Street, Dover-Foxcroft, Maine 04426  
(207) 564-7111 [www.prymca.org](http://www.prymca.org)**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 - 8:30	Open Swim/ Lap	Open Swim/Lap	Open Swim/Lap	Open Swim/Lap	Open Swim/Lap
8:30 - 9:30					
9:30 - 10:30			Open Swim/Lap		
10:30- 11:00					
11:00 - 11:45	Open Swim/Lap  Two Lanes 11:00-12:30	Open Swim/Lap  Two Lanes 11:00-12:30	Open Swim/Lap  Two Lanes 11:00-12:30	Open Swim/Lap  Two Lanes 11:00-12:30	Open Swim/Lap  Two Lanes 11:00-12:30
11:45 - Noon					
Noon - 3:15					
3:15 - 3:30					
3:30 - 4:00					
4:00 - 5:00					
5:00 - 6:00	Open Swim/Lap		Open Swim/Lap		Open Swim 5:30-6:45 (1st Friday is Com- munity Free Swim) NO LANES
6:00 - 7:00					
7:00 - 7:30					
<b>Saturday</b>		<b>Sunday</b>		<b>HOURS OF OPERATION</b> Monday-Thursday: 5:00am- 8:00pm Friday: 5:00am - 7:00pm Saturday: 7:00am - 12:00pm Sunday: CLOSED	
Open Swim/Lap  7:30-11:30am		CLOSED			