

★ Free Classes for Y Members

# PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE FEBRUARY 19 - APRIL 22, 2018

WEEKDAYS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 - 8:00			★ Indoor Cycling 7:00-7:45			7:00 - 8:00
8:00 - 8:30						8:00 - 8:30
8:30-9:00	★ Zumba®	★ Step & More	★ Strength & Toning 8:30-9:15	★ Core Conditioning	★ Pilates Plus 8:30-9:15a	8:30-9:00
9:00 - 9:30	★ Yoga		★ Yoga			9:00 - 9:30
9:30 - 10:00	9:15-10:15 ★ Yoga		9:15-10:15 ★ Yoga			9:30 - 10:00
10:00-10:30	★ Forever Fit		★ Wally Ball	★ Forever Fit	★ Forever Fit	10:00-10:30
10:30-11:00			10:15-11:30a ★ Wally Ball		★ Wally Ball	10:30-11:00
11:00 - 11:30					10:15-11:30a ★ Wally Ball	11:00 - 11:30
11:30 - Noon						11:30 - Noon
Noon - 1:00						Noon - 2:30
1:00 - 3:00						2:30 - 3:30
3:00 - 4:00			Morita's School of Dance Classes Pre-K 3:00-3:30 3:30-4:15	Indoor Golf (Mar 1-Apr 5)		3:30 - 4:30
4:00 - 5:30	Tumbling Pre-K to Gr 1 4-4:30	★ Indoor Cycling 4:30-5:15 Starts April 17	Gr K-2 4:15-4:45 4:45-5:30			4:30 - 5:15
5:30 - 6:00	Gr 2-4 4:30-5:15	★ Pound®	★ Zumba®	★ Pilates Plus 5:30-6:30 Starts April 18	★ Boot Camp 5:15-6:15	5:15 - 5:30
6:00-6:30	Gr 5-7 5:30-6:30 Starts May 7		Gr 3-6 5:30-6:00 6:00-6:45 6:45-7:15			5:30 - 6:15
6:30 - 7:00						6:15- 6:30
7:00 - 7:30						6:30 - 7:00
						7:00 - 7:30

WEEKEND

Time	Saturday	COLOR KEY	
8:00 - 9:00	★ Indoor Cycling	FITNESS STUDIO	COURT 1
			COURT 2

**HOURS OF OPERATION**  
 Monday-Thursday: 5:00am- 8:00pm  
 Friday: 5:00am - 7:00pm  
 Saturday: 7:00am - 12:00pm  
 Sunday: 12:00 - 3:00pm



**PISCATAQUIS REGIONAL YMCA POOL SCHEDULE**  
**FEBRUARY 19— APRIL 22, 2018**  
**(SUBJECT TO CHANGE)**

**Piscataquis Regional YMCA**  
**48 Park Street, Dover-Foxcroft, Maine 04426**  
**(207) 564-7111 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	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise	★ AM Aquacise
9:30 - 10:30	★ Power Waves Starts April 23	Y Preschool Swim 9:30-10:15	★ Power Waves Starts April 25	School Group Rental	Y Preschool Swim 9:30-10:15
10:30- 11:00		School Group Rental			
11:00 - 12:00	★ Joint Ventures Open Lap Only (Three Lanes) Starts April 23	★ Open Swim/Lap Three Lanes 11:00-11:45	★ Joint Ventures Open Lap Only (Three Lanes) Starts April 25	★ Open Swim/Lap Three Lanes 11:00-11:45	★ Open Swim/Lap Three Lanes
12:00 - 1:00	★ Open Swim/Lap Three Lanes	★ Splashtastic 11:45-12:30 Starts April 24	★ Open Swim/Lap Three Lanes	★ Splashtastic 11:45-12:30 Starts April 26	
1:00 - 4:00					
4:00 - 5:00	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap	★ Open Swim/Lap	
5:00 - 6:00	Swim Lessons				★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)
6:00 - 7:00	5:00-6:45	3:15-7:00		3:15-7:00	
7:00 - 7:30					<b>CLOSED</b>

Saturday	Sunday
★ Open Swim/Lap Three Lanes 7:30-9:00am 10:30-11:30am  Swim Lessons 9:00-10:30am (Mar 10— Apr 14)	★ Open Swim Only  NO LANES  12:30-2:30pm

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