

★ Free Classes  
for Y Members

# PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE APRIL 23- JUNE 3, 2018

WEEKDAYS

WEEKEND

| Time          | Monday  | Tuesday   | Wednesday  | Thursday                            | Friday                                       | Time          |
|---------------|---|---|--|-------------------------------------|--|---------------|
| 7:00 - 8:00   |   |   | ★ Indoor Cycling<br>7:00-7:45<br>Last class May 23 |                                     |  | 7:00 - 8:00   |
| 8:00 - 8:30   |   |   |  |                                     |  | 8:00 - 8:30   |
| 8:30-9:00     | ★ Zumba<br>®  | ★ Step<br>& More                                | ★ Strength &<br>Conditioning<br>8:30-9:15          | ★ Core<br>Conditioning<br>8:30-9:15 | ★ Pilates Plus<br>8:30-9:15                  | 8:30-9:00     |
| 9:00 - 9:30   | ★ Yoga<br>9:15-10:15<br>Last class May 28             |   | ★ Yoga<br>9:15-10:15                               |                                     | ★ Yoga<br>9:15-10:15                         | 9:00 - 9:30   |
| 9:30 - 10:00  | ★ Pilates Plus<br>9:15-10:15<br>Starts June 4         |   |  |                                     |  | 9:30 - 10:00  |
| 10:00-10:30   | ★ Forever<br>Fit                                      |   | ★ Wally<br>Ball<br>10:15-11:30a                    | ★ Forever<br>Fit                    | ★ Forever<br>Fit                             | 10:00-10:30   |
| 10:30-11:00   |   |   |  |                                     | ★ Wally<br>Ball<br>10:15-11:30a              | 10:30-11:00   |
| 11:00 - 11:30 |   |   |  |                                     |  | 11:00 - 11:30 |
| 11:30 - Noon  |   |   |  |                                     |  | 11:30 - Noon  |
| Noon - 1:00   |   | ★ Line Dancing<br>1:00-2:00*<br>(starts June 5) |  |                                     |  | Noon - 2:30   |
| 1:00 - 3:00   |   |   |  |                                     |  | 2:30 - 3:30   |
| 3:00 - 4:00   |   |   |  |                                     |  | 3:30 - 4:30   |
| 4:00 - 5:30   | Tumbling<br>Pre-K to Gr 1<br>4:00-4:30 &<br>4:30-5:00 |   |  |                                     | ★ Pound<br>®<br>5:30-6:15<br>(starts June 7) | 4:30 - 5:15   |
| 5:30 - 6:00   | ★ Pound<br>®<br>5:15-6:00<br>Gr 2-4                   | ★ Zumba<br>®<br>6:00-7:00<br>Gr 5-7             | ★ Pilates<br>Plus                                  |                                     |  | 5:15 - 5:30   |
| 6:00-6:30     |   |   |  |                                     |  | 5:30 - 6:15   |
| 6:30-7:00     | Starts May 7  |   |  |                                     |  | 6:15- 6:30    |
| 7:00 - 7:30   |   |   |  |                                     |  | 6:30 - 7:00   |
|               |   |   |  |                                     | CLOSED                                       | 7:00 - 7:30   |

| Time        | Saturday                                    | COLOR KEY         |         |
|-------------|---|-------------------|---------|
| 8:00 - 9:00 | ★ Indoor<br>Cycling<br>Last class<br>May 26 | FITNESS<br>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**  
**MAY 7- JUNE 10, 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                                    | Y Preschool Swim<br>9:30-10:15                | ★ Power Waves  | School Group Rental                           | Y Preschool Swim<br>9:30-10:15                                     |
| 10:30- 11:00  | CLOSED   | School Group Rental                           | CLOSED   | CLOSED  | CLOSED   |
| 11:00 - 12:00 | ★ Joint Ventures<br>Open Lap Only (Three Lanes)  | ★ Open Swim/Lap<br>Three Lanes<br>11:00-11:45 | ★ Joint Ventures<br>Open Lap Only (Three Lanes)<br>Starts April 25 | ★ Open Swim/Lap<br>Three Lanes<br>11:00-11:45 | ★ Open Swim/Lap<br>Three Lanes                                     |
| 12:00 - 12:30 | ★ Open   | ★ Splashtastic                                | ★ Open   | ★ Splashtastic                                |  |
| 12:30 - 3:30  | CLOSED   | 2nd Grade Swim (12:30-2)                      | CLOSED   | CLOSED  | CLOSED   |
|               | Waves Swim Team<br>3:30-5:00                     | ★ Open Swim/Lap<br>3:15-4:00                  | Waves Swim Team<br>3:30-5:00                                       | ★ Open Swim/Lap<br>3:15-4:00                  |  |
|               | Swim Lessons<br>9:00-10:30am<br>(Mar 10— Apr 14) | 4:00-6:00                                     | Swim Lessons<br>9:00-10:30am<br>(Mar 10— Apr 14)                   | 4:00-6:00                                     |  |
| 6:00 - 7:00   | 5:00-6:45  | ★ Open Swim/Lap                               | 5:00-6:45  | ★ Open Swim/Lap                               | ★ Open Swim<br>5:00-6:30<br>(1st Friday is<br>Community Free Swim) |
| 7:00 - 7:30   | CLOSED   | CLOSED  | CLOSED   | CLOSED  | CLOSED   |

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

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