

★ Free Classes for Y Members

PISCATAQUIS REGIONAL YMCA CLASS SCHEDULE SEPTEMBER 3 TO OCTOBER 21, 2018

WEEKDAYS

WEEKEND

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time
7:00 - 8:00						7:00 - 8:00
8:00 - 8:30						8:00 - 8:30
8:30-9:00	★ Zumba® 8:30-9:15	★ Step & More	★ Strength & Conditioning 8:30-9:15	★ Core Conditioning 8:30-9:00		8:30-9:00
9:00 - 9:30			★ Yoga 9:15-10:15		★ Pilates Plus 9-9:45	9:00 - 9:30
9:30 - 10:00						9:30 - 10:00
10:00-10:30	★ Forever Fit				★ Forever Fit	10:00-10:30
10:30-11:00					★ Wally Ball 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 1:00-2:00				Noon - 2:30
1:00 - 3:00						2:30 - 3:30
3:00 - 4:00						3:30 - 4:30
4:00 - 5:30			Morita's School of Dance Youth Classes			4:30 - 5:15
5:30 - 6:00	★ Pound®	★ Zumba®	Starts Oct 3	★ Pound® 5:30-6:15		5:15 - 5:30
6:00-6:30						5:30 - 6:15
6:30 - 7:00						6:15- 6:30
7:00 - 7:30						6:30 - 7:00
					CLOSED	7:00 - 7:30
Time	Saturday	Sunday	COLOR KEY		HOURS OF OPERATION	
8:00 - 9:00	★ Indoor Cycling Starts Sep 15	CLOSED	FITNESS STUDIO	COURT 1	Monday-Thursday: 5:00am- 8:00pm Friday: 5:00am - 7:00pm Saturday: 7:00am - 12:00pm Sunday: CLOSED	
				COURT 2		



PISCATAQUIS REGIONAL YMCA POOL SCHEDULE
SEPTEMBER 10 TO OCTOBER 21, 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	School Group Rental 9:30-10:15 starts Oct 2	★ Power Waves	School Group Rental 9:30-10:15 starts Oct 4	CLOSED
10:30- 11:00	CLOSED	Homeschool Lessons & Y Pre-school Swim 10:15-11	CLOSED	Homeschool Lessons 10:15-11	Y Pre-school Swim 10:15-11
11:00 - 12:00	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes
12:00 - 12:30					
12:30 - 3:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:00 - 5:00	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes 3:15-7	★ Open Swim/Lap Three Lanes	★ Open Swim/Lap Three Lanes 3:15-7	★ Open Swim 5:30-6:45 (1st Friday is Community Free Swim)
5:00 - 6:00	Swim Lessons		Swim Lessons		
6:00 - 7:00	5:00-6:45		5:00-6:45		
7:00 - 7:30	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

Saturday	Sunday
★ Open Swim/Lap Three Lanes 7:30-9:00am 10:30-11:30am Swim Lessons 9:00-10:30am	CLOSED

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