

Active Older Adults– Age 55+

Location: Fitness Center

Non-members pay day fee.

Monday, Wednesday, Friday 9 a.m.

The weight room is closed during this class!

This weight training class focuses on individual needs. Each hour session includes warm up and flexibility exercises, muscle strengthening, cardiovascular work and cool down.

**Active Older Adults
and Cardio Sculpt are
FREE for members!**

Cardio Sculpt

Take Back Your Fitness!

Instructor: Paula Dunbar

Location: Main Street

Non-members pay day fee.

Monday and Thursday 7:30-8:30am

If you have lost your fitness due to lack of working out, injury or illness, it's time to take it back. Alternate exercises will be given to adapt for injuries, past and present.

Coming in October....

**Tabata Training and Spin Fusion with
Jackie**



2013 RATES*

Our rates are some of the **LOWEST** on Mount Desert Island!
Take advantage of our ways to pay—monthly payments are available through your checking account. EFT available for 3 month, 6 month and Annual memberships **NO JOINER'S FEE!!** *subject to change

	3-Month	6-Month	Annual
Individual	\$120	\$192	\$300
	\$40	\$32	\$25
Couple/Family	\$180	\$288	\$460
	\$60	\$48	\$38
Sr./Student/U98	\$90	\$144	\$230
	\$30	\$24	\$19
Sr. Couple	\$150	\$240	\$384
	\$50	\$40	\$32

	Day	Week	Month
Individual	\$10	\$30	\$50
Couple/Family	\$15	\$50	\$75
Sr./Student/U98	\$5	\$20	\$35
Sr. Couple	\$8	\$45	\$65

Group Rates: \$180 per person for a group of 15 or more or \$200 per person for a group of 5 to 14 people. Group rates are reserved for businesses and organizations

Personal Training: \$40.00 per hour for members. Call to schedule an appointment, or for more information. Cancellations must be made within 24 hours. If not a fee of \$30.00 needs to be paid.. *subject to change

NEW! Small Group Personal Training: \$50.00 per hour for members. Get a group of friends together and have one of our trainers give you a fantastic fitness workout! The fee is split between the members of the group. Call to schedule an appointment!

Jackie Carroll: 207-460-7283
Lisa Tweedie: 207-244-9555
Kristy Sharp: 207-712-1345


HARBOR HOUSE
HEALTH & FITNESS

Sept 2nd-Nov 3rd



Fitness Center Hours:
5am-9pm daily

Fitness Center Office Hours

Monday –Friday: 8:15-4:15

Fitness Center Phone 244-9555

Main Street Phone 244-3713


HARBOR HOUSE
For Love of Community

Zumba!

Instructor: Mallory Watkins

Location: Main Street

\$8 drop in/\$110for entire session paid up front

Tuesday and Thursday at 5:15 pm

Party yourself into shape with this Latin-Inspired, easy to follow, calorie burning dance-fitness party!
All levels welcome!



Indoor Cycling

Multi-Level Indoor Cycling

Location: Main Street

\$24 members (8 classes)

\$36 non-members

(8 classes), \$10 drop in fee.

MEMBERS ONLY Unlimited Cycling \$60

Monday, Wednesday, Friday 5:30 am

Monday, Tuesday, Thursday 3:30 pm

Saturday 8:00

A unique Indoor Cycling workout that brings the elements of athletic training to people of all fitness levels. This high-energy group exercise integrates music, camaraderie and visualization.

Rides are tailored to all fitness levels.



Island Boot Camp

Instructor: Kristy Sharp

Location: Harbor House Fitness Center,
Herrick Road

New times!

Mondays and Saturdays 9-10 am

Wednesdays 5:15-6:15 pm

Join us for Island Boot Camp with former law enforcement officer; Certified Unarmed Self Defense Instructor and ACE Certified Personal Trainer Kristy Sharp. These 45-60 minute workouts are designed to test your physical strength, endurance and agility with the added benefit of increasing your energy and self-confidence in a supportive group environment!

\$10 = drop in (non-member)

\$5 = drop in (member)



Hatha Yoga

Instructor: Mary Kate Murray

E-RYT 500

Mary Kate is best known for her dedicated and authentic teaching style. Her intensity, great sense of humor and eloquent teaching of good alignment principles appeal to students of all levels and abilities.

Location: Main Street

September 2– November 3

- ♦ **Monday 9-10:30 Hatha Yoga 1/2**
 - ♦ **Monday 5-6pm Fierce Flow 2/3**
 - ♦ **Wednesday 9-10:30am Hatha Yoga 1/2**
 - ♦ **Friday 9-11:00am Asana Junkies 2/3**
- Fees: Drop In \$20 or 5 classes for \$65**

Gentle Yoga is Back!

Instructor: Phoebe Barnes 200RYT

Location: Main Street

Thursday 9-10:15 am

\$12 per class or 5 for \$50

Come stretch, breathe and move through gentle asanas to cultivate the body-mind awareness that brings inner harmony and peace. This practice helps release tension so you can listen with your heart and embrace who you really are.
Join Phoebe for a fun and mindful journey

Reiki Clinic

Given by local SWH practitioners

Location: Main Street

Wednesday from 6-8pm

\$10 per half hour treatment

Reiki is a hands on energy healing modality that supports the body's natural ability to heal. It is totally safe and non-invasive. Most people leave feeling deeply relaxed and refreshed.