

Additional Healthy Living Opportunities

LIVESTRONG at the YMCA

A research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. Includes free membership for duration of program

National Diabetes Prevention Program

FREE program in which participants meet weekly for 8 weeks, bi-weekly for 8 weeks, then monthly for the following 6 months. Includes free membership for duration of program

Healthy Living Program

Designed for those wishing to make a lifestyle change in the areas of weight management, increased physical activity, improved nutrition, and/or stress reduction

IT IS HERE!....

Enhance Fitness!

Enhance Fitness is an Active Older Adult specified class featuring arm and leg weights to help build strength and flexibility while having fun during each class. For more information contact Feargal Semple at 622-9622 ext 220 or feargal@kvymca.org

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Free Group Ex Classes?!

The KV YMCA offers over 50 FREE group exercise classes per week included in your membership! These classes are the key to a members journey in healthy lifestyle change. All fitness levels are welcome to join the various classes. Check out the Free Group Ex Class schedule both for Land and the Water either online or at either Welcome Center. They are fun, instructors are the best and the music makes it more enjoyable! For more information on any group exercise class please contact Craig Cameron,

For more information or to register for the programs listed in this brochure please visit our website, www.kvymca.org.

31 Union Street
Augusta, Maine 04330
207-622-9622

40 Granite Hill Road
Manchester, Maine 04351
www.kvymca.org

the  **SPRING I
2017
Healthy
Living Programs**



Spring I Session

Dates: February 27th– April 16th

**Registration Dates
Opens February 6th**

**BREAK WEEK
April 17th—April 23rd**

For more information on any of our Healthy Living Programs, please contact Craig Cameron, Senior Director of Healthy Living at 622-9622 x122 or craig@kvymca.org

INDOOR TREK ACROSS MAINE

REGISTER NOW!

Session Dates

Session I— January 9th– March 1st (8 week)

Session II— March 6th– April 26th (8 week)

Session III— May 1st– June 7th (6 week)

Cost

8 week sessions: \$80 member—\$205 non-member

6 week session: \$62 members—\$155 non-members

*Non member rate includes membership for duration of session

New Barbell Classes!!!

That's right! The KV YMCA has purchased all new adjustable weighted barbells and are ready to put you up to the challenge. This new trend is making an impact in the fitness industry and its YOUR turn to get involved. Classes are for all fitness levels and are guaranteed to reach all muscle groups in the body!

Classes are limited to 18 or 10 per class.

MUST REGISTER FOR THESE CLASSES

*For detailed information check out our Barbell Class poster!

Classes below are limited to 18 per class and are

located in the gymnasium

Mondays 5:15–6am

Instructor: Craig Cameron

Thursdays 12:15–1pm

Instructor: Mike Griswold

Fridays 5:15–6am

Instructor: Craig Cameron

Class below is limited to 10 and
is located in the studio

Thursdays 6:45–7:30pm

Instructor: Feargal Semple

COST

Members: \$40 per session per person
(8 week session)

DON'T MISS OUT!

Cycle Classes

Hardcore Cycle with Chris (FREE)

Tuesday & Thursday 12:00–1:00PM

Burn maximum calories at lunch with this boot camp style cycle class, featuring extreme spinning as you work your way into shape. Recommended for advanced riders.

Interval Cycle with Emma (FREE)

Monday & Wednesday 12:00–1:00PM

This class challenges participants through intervals to enhance endurance and build explosive strength. All skills levels welcome.

Evening Ride with Kim (FREE)

Tuesday & Thursday 6:00–7:00PM

Join us for this entry level class, and learn the ropes of indoor cycling and the advantages it plays in every day life. Finish each class with a structured core workout.

Spin-TRX with Craig & Chris (FREE)

*Separate Registration

Tuesday 5:15–6 AM & Friday 12:00–1:00 PM

This intense class was created to help your body tighten up with the TRX Suspension training system while speeding through flats and hills to build cardiovascular abilities.

Spin Cross-Training with Craig (FREE)

Thursday 5:15–6:00AM

This class takes the benefits of indoor cycling and fuses it with high intense floor workouts such as burpees, push ups, planks, sprints and more! Get the best of both worlds .

Endurance Cycle with Debbi (FREE)

Saturday 7:30–9:00AM

Come enjoy a long endurance ride to start your weekend off right!! Climb hills and push through flats. All levels welcome



MOVESTRONG CLASSES

*These classes are designed to maximize your potential with functional training. Following a circuit style format, class participants will work on core, flexibility, endurance and strength.

Classes

Tuesdays 5:15–6:00pm

Instructor: Chris Vashon

Spots available: 10

Cost: \$40 a person for 8 weeks

Thursdays 12:15–1:00pm

Instructor: Feargal Semple

Spots available: 10

Cost: \$40 a person for 8 weeks

Thursdays 5:00–5:45pm

Instructor: Kim Gagne

Spots available: 10

Cost: \$40 a person for 8 weeks

*Each class will be 45 minutes of all out intensity! All fitness levels are welcome as this unit supplies many modifications no matter your abilities! You owe it yourself to experience something new!