

Additional Healthy Living Opportunities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 16 weeks.

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.

Enhance Fitness!

Enhance Fitness is an Active Older Adult specified class featuring arm and leg weights. 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

FREE GROUP EX CLASSES?!

The KV YMCA offers more than 50 FREE group exercise classes per week—all included in your membership! These classes are key in the journey to healthy living. 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 our Welcome Centers. Classes are fun, our instructors are the best and the music will get you motivated! For more information on any group exercise class please contact Craig Cameron, Senior Director of Healthy Living.

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

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Manchester, Maine 04351
www.kvymca.org
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Winter 2018 Healthy Living Programs



WINTER SESSION

Dates: January 2nd—February 18th

REGISTRATION DATES

Members - Opens December 11th

Program Members - Opens December 18th

BREAK WEEK

February 19th—February 25th

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

NEW BARBELL CLASSES!!!

Members: \$30 per session per person
(8 week session)

Classes sizes are limited
REGISTRATION IS REQUIRED

*For detailed information see our Barbell Class flyer!

Gym Classes (limited to 18 per class)

Mondays 5:15-6am
Instructor: Craig Cameron

Thursdays 12:15-1pm
Instructor: Nikki Lewis

Fridays 5:15-6am
Instructor: Craig Cameron

INDOOR TREK ACROSS MAINE

Come train for the Trek Across Maine with the KV YMCA!

Session 1—January 8th—February 28th

Session 2—March 5th—April 25th

Session 1—April 30th—June 6th

Cost

Sessions 1 & 2

\$80 members—\$205 non-members

Session 3

\$62 members—\$155 non-members

*non members receive membership for duration of the session they are in.

*See Indoor Trek Flyer for more details

CYCLE CLASSES—AUGUSTA CAMPUS

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 Erika R (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.

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.

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MOVESTRONG CLASS

*These class is 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: \$30 a person for 8 weeks

SPECIALTY SPIN CLASSES AUGUSTA CAMPUS

Spin-TRX with Craig & Chris (FREE) *Separate Registration

Tuesday 5:15-6am & Friday 12:00-1:00pm

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.

NEW MANCHESTER CAMPUS SPIN CLASSES!!

The new room is located up the stairs when entering the Manchester branch. First door on the right.

Spin Cross Training with Holly (FREE)

Tuesday 5:15-6:15am

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.! All levels welcome

Spin Cross-Training with Janice (FREE)

Friday 5:15-6:15am

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. All levels welcome

Endurance Cycle with Ashley (FREE)

Monday 6:45-7:30pm

Come enjoy an hour endurance ride to finish your Monday's off right! Climb hills and push through flats. All levels welcome.