



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# SPRING II 2018 Healthy Living Programs

**REGISTRATION OPENS MONDAY, APRIL 2ND**

Race details such as 5K route, cost etc coming very shortly!

**FIRST ANNUAL KV YMCA SPLASH N' DASH!**

**AUGUST 11TH, 2018**

**8AM START**

**EVENT WILL CONSIST OF A 425 YARD SWIM IN OUR  
 COMPETITION POOL FOLLOWED BY A 5K RUN**

**DIVISIONS**

Single Participant (will do both legs of event)

Two Person Team (One will swim and one will run)

**Ages: 10 years old and up to participate**

**SPLASH N' DASH 12 Week Training Program**

Want to participate in the Splash N' Dash but need some help? Get into our 12 week training program! You will work with our highly experienced swimmer Megan Crowder in the pool and long time runner Bill Harwood on 5K Training. This program will prepare you to take on the first annual KV YMCA Splash and Dash!

Registration for the Splash and Dash Training Program opens Monday, March 26th

**Program Dates:**

May 14th - August 3rd

Swim Training: Thursdays 6:30-7:30pm in Competition Pool

Run Training: Saturdays 7-8am inside/outside

**Cost**

Members: \$75

Non-Members: \$240\*

(Non-member rate includes single adult membership for duration of program)

## 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.

**\*To register for the programs listed in this brochure please call 207-622-9622 or visit our front desk.**

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 Augusta, Maine 04330  
 (P) 207-622-9622  
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 Manchester, Maine 04351  
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## SPRING II SESSION

Dates: April 23rd-June 10th

## REGISTRATION DATES

Members - Opens April 2nd

Program Members - Opens April 9th

## BREAK WEEK

June 11th—June 17th

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](mailto:craig@kvymca.org)

## **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**

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## **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 Nikki L (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.

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## **MOVESTRONG CLASS**

\*This 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: Brandon Tardiff**

**Spots available: 10**

**Cost: \$30 a person for 7 weeks**



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## **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.

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## **NEW SPIN CLASSES** **MANCHESTER CAMPUS**

**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.

**Cardio Cycle & Core with Trish**  
**Tuesday 5:30-6:30pm**

40 minutes of intense modifiable interval training followed by 20 minutes of stretching and "hard-core".