



REGISTER TODAY!

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.

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 during program)



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

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
(F) 207-621-6212

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

the Y YMCA SUMMER 2018 Healthy Living Programs



SUMMER SESSION

Dates: June 18th—August 12th

REGISTRATION DATES

Members - Opens May 29th

Program Members - Opens June 4th

BREAK WEEK

August 13th—August 26th

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

Barbell Bootcamp **NEW!**

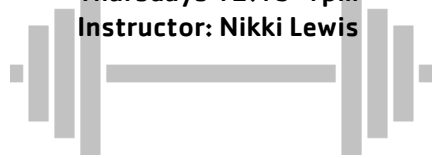
Members: \$30 per session per person
(8 week session)

We have made changes to our original Barbell Only class format. We now will still use barbell's but bring in some explosive cardio and bootcamp style moves!

Gym Classes (limited to 18 per class)

Mondays 5:15-6am
Instructor: Craig Cameron

Thursdays 12:15-1pm
Instructor: Nikki Lewis



NEW CLASS OFFERINGS

The Ultimate Challenge

Wednesdays 12:15-1pm
Cost: \$30 (8 weeks)



Instructors
Craig Cameron
Chris Vashon



This OUTDOOR Ultimate Challenge is "ALL OUT" workout format. Agility, Strength, Stamina and Explosive movements will work all major muscle groups as well as core. Kettle Bells, agility ladders, tire flipping, sprints, bear crawls are only a few of the challenges!

Class designed for beginners to advanced athletes

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.

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.

Class

Fridays 5:15-6:00am
Instructor: Craig Cameron
Spots available: 10
Cost: \$30 a person for 8 weeks

Tuesdays 5:15-6:00pm
Instructor: Brandon Tardiff
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 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 (FREE) Tuesday 5:30-6:30pm

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