



REGISTER TODAY @ Runreg.com

25th ANNUAL Rise 'N Shine!

Sept. 28th , 2018

6:33AM START @ KV YMCA - AUGUSTA!

EVENT WILL CONSIST OF A 5K RUN/WALK

Prizes include round trip Cape Air tickets from Augusta to Boston!

Pre-register for FREE babysitting during the race. Dress up and participate in themed groups!

Benefits the Boys & Girls Club of Augusta and the KV YMCA!

LOSE IT WITH THE Y ROUND 21

Program Dates:

August 13th—October 6th

Opening Ceremony: Monday, August 13th at 5pm

Registration Open Now!

Fall Into fitness with the KV YMCA's 21st Annual Lose it with the Y Program. This program consists of 8 weeks of training with your coach. Teams of 4 are required. *Make sure all teammates have similar workout availability.

Kettle Bells, bootcamps, barbells, TRX, weights, resistance bands and much more are all parts of the Lose it with the Y Program. Nutritional information will also be incorporated in this Lose it Round 21.



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.**

31 Union Street
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



FALL I 2018 Healthy Living Programs



FALL I SESSION

Dates: August 27th– October 21st

REGISTRATION DATES

Members - Opens August 6th

Program Members - Opens August 13th

BREAK WEEK

October 23rd—October 29th

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

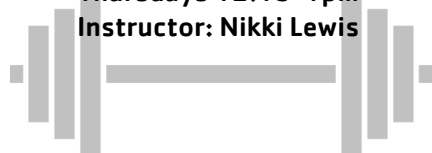
**Members: \$30 per session per person
(8 week session)**

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.

Endurance Ride with Jamye (FREE) **Saturday 7:30-9:00am**

Start your weekend off right with the Saturday Endurance Ride! This 1.5 hour class will take you through hills, flats and sprints to build endurance in your legs

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.