

INDOOR TREK ACROSS MAINE

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

Session 1—January 7th—February 27th

Session 2—March 4th—April 24th

Session 1—April 29th—June 5th

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

LOSE IT WITH THE Y ROUND 22

GET READY FOR THE HOLIDAY SEASON AND BE
READY FOR THE NEW YEAR!!!

Program Dates:

October 29th—December 21st

Opening Ceremony: Monday, October 29th at 5pm
Registration Opens Monday, October 8th

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. You owe it to
yourself !



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 Chris Vashon
chrisv@kvymca.org.

*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

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Manchester, Maine 04351
www.kvymca.org
www.facebook.com/kvymca



FALL II 2018 Healthy Living Programs



FALL II SESSION

Dates: October 29th—December 16th

REGISTRATION DATES

Members - Opens October 8th

Program Members - Opens October 15th

BREAK WEEK

December 18th—December 31st

For more information on any of our Healthy
Living Programs, please contact
Chris Vashon at 622-9622 x122 or

Chrisv@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!

Thursdays 12:15-1pm
Instructor: Nikki Lewis

Come join us for our new Youth Fitness Training starting Nov 5th & 6th
For more information contact Brandon Tardiff at Brandon@kvymca.org

NEW CLASS OFFERINGS

The Ultimate Challenge

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



Instructors

Chris Vashon
Feargal Semple



This INDOOR/ 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 Jamy (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: Chris V

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 Chris & Erika (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 Chris (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.