

Evidenced Based Programs



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIVESTRONG at the YMCA

An Evidenced-based physical activity program designed to help adult cancer survivors reclaim their health. Includes free membership for duration of program.

National Diabetes Prevention Program

FREE Evidence Based program in which participants meet weekly for 16 weeks then bi-weekly for the following 6 months. Includes free membership for first 16 weeks.

Healthy Weight and Your Child

New evidenced based program that empowers children ages 7-13 years old, with the support of their families, to reach a healthy weight and live a healthier lifestyle.

Enhance Fitness!

Enhance Fitness is a class designed to improve balance, strength and reduce falls. Class features arm and leg weights and movement to music. Join us to meet new people and participate in a fun class!

For more information on evidenced based classes contact

Feargal Semple, Health and Wellness Director at 622-9622x122 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 Feargal Semple, Director of Health and Wellness.

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

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www.kvymca.org
www.facebook.com/kvymca



Winter 2019 Healthy Living Programs



WINTER SESSION

Dates: January 2nd—February 17th

REGISTRATION DATES

Members - Opens December 10th

Program Members - Opens December 17th

BREAK WEEK

February 17th—February 24th

For more information on any of our Healthy Living Programs, please contact

Feargal Semple, Health and Wellness Director at 622-9622x122 or Feargal@kvymca.org

HIIT BARBELL TRX

Members: \$30 per session per person

Classes sizes are limited

REGISTRATION IS REQUIRED

Thursdays 12:15-1pm

Instructor: Feargal

YOUTH FITNESS

Beginner Ages 8-12

Start date: Wed Jan 2nd- Feb 25th

Intermediate Ages 12-16

Start Date: Thurs Jan 3rd- Feb 26th

Contact Brandon Tardiff at
Brandon@kvymca.org

MOVE IT TO LOSE IT!

Work toward improving strength, endurance or losing weight. Whatever your goal may be join us and lets do it together !

Dates

January 7th—February 17th

Cost

\$120 members—\$200 Non-members

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



CYCLE CLASSES—AUGUSTA CAMPUS

****REGISTRATION REQUIRED****

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. All levels welcome.

Interval Cycle with Feargal/Chris (FREE)**

Monday & Wednesday 12:00-1:00pm

This class challenges participants through intervals to enhance endurance and build explosive strength. All 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. All levels welcome.

Endurance Cycle with Jamye (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.

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 Times

Wednesdays: 12:15-1:00pm

Fridays 5:15-6:00am

Instructor: Chris Vashon

Tuesdays 5:15-6:00pm

Instructor: Brandon Tardiff

Spots available: 10

****Cost: \$30 a person per session****

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 MANCHESTER CAMPUS SPIN CLASSES!!

Room located up the stairs when entering the Manchester branch. First door on the right.

****REGISTRATION REQUIRED****

Spin Cross Training with Holly (FREE)**

Tuesday 5:15-6:15am

Burn calories, have fun and learn about indoor cycling. This class will take you up hills and participate in intervals to help build endurance. All levels welcome.

Spin Cross-Training with Janice (FREE)**

Friday 5:15-6:15am

Burn calories, have fun and learn about indoor cycling. This class will take you up hills and participate in intervals to help build endurance. All levels welcome.

INDOOR TREK ACROSS MAINE
Train for the Trek Across Maine with
the KV YMCA!

See Flyer for more details