

# 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 the 12 week 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 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.

- Indoor cycling
- Zumba
- Yoga
- Bootcamps
- Movestrong
- SilverSneakers
- Aqua Fit
- Enhance Fitness
- TRX

For more information or to register for the programs listed in this brochure please visit our website [www.kvymca.org](http://www.kvymca.org).

31 Union Street  
Augusta, Maine 04330  
(P) 207-622-9622  
(F) 207-621-6212

40 Granite Hill Road  
Manchester, Maine 04351  
[www.kvymca.org](http://www.kvymca.org)  
[www.facebook.com/kvymca](http://www.facebook.com/kvymca)



Spring I  
2019

# Healthy Living Programs



## SPRING SESSION

Dates: February 25th—April 14th

### REGISTRATION DATES

Members - Opens February 4th

Program Members - Opens February 11th

### BREAK WEEK

April 14th—April 21st

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

## HIIT BARBELL TRX

Classes sizes are limited

**\*\*REGISTRATION IS REQUIRED\*\***

Members: \$30 per session per person

**Thursdays 12:15-1pm**

**Instructor: Feargal**

## 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 !

Members: \$120

Non-members: \$200

March 1st —April 14th

\*non members receive membership for duration of the session.

## INDOOR TREK ACROSS MAINE

Train for the Trek Across Maine with the KV YMCA!

\*See Flyer for more details\*

## YOUTH FITNESS

**Beginner Ages 8-12**

Start date: Mon March 4th- April 17th

**Intermediate Ages 12-16**

Start Date: Tues March 5th – April 18th

Contact Brandon Tardiff at Brandon@kvymca.org

## 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

**\*\*SPOTS AVAILABLE: 10\*\***

\*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.

\$30 a person per session

**Wednesdays: 12:15-1:00pm**

**Fridays 5:15-6:00am**

**Instructor: Chris Vashon**

**Tuesdays 5:15-6:00pm**

**Instructor: Brandon Tardiff**

## 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. All levels welcome.



United Way  
of Kennebec Valley

As a Partner Program the KV YMCA receives support from the UWKV.

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