

# EVIDENCED BASED PROGRAMS

## 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.

## CHALLENGE THE TRAINER !!

Compete against your favorite trainer in pre-selected activities. Can you out perform our trainers? Check out the flyer for more information.

Cost: \$10

Proceeds benefit Strong Kids Annual Campaign, providing Y scholarships.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FREE GROUP EX CLASSES?!

The KV YMCA offers members more than 50 FREE group exercise classes per week.

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

Group classes, gym and pool schedules are be found online at [kvymca.org](http://kvymca.org)

For more information on programs listed in this brochure visit [kvymca.org](http://kvymca.org) To register please call 622-9622.

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](https://www.facebook.com/kvymca)



Spring II  
2019

# Healthy Living Programs



## SPRING II SESSION

Dates: April 22nd-June 9th

REGISTRATION DATES:

Members: Opens April 1st

Program Members: Opens April 8th

Break Week June 10th—June 16th

For more information contact Feargal Semple,  
Health and Wellness Director at 622-9622x122  
or [Feargal@kvymca.org](mailto:Feargal@kvymca.org)

## TRI ATHALON TRAINING

**STARTS - MAY 13TH**

**REGISTRATION OPENS APRIL 1ST**

For More Information contact  
Chrisv@kvymca.org

## MARK YOUR CALENDAR!

### CAPITAL Y TRI AND SPLASH AND DASH

**AUGUST 10TH 7:30AM**

This year we are excited to offer a combined Triathlon and Splash and Dash event.

## 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: \$100

Non-members: \$200

May 6th —June 23rd

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

## YOUTH FITNESS

**Beginner Ages 8-12**

Start date: Mon April 29th - June 12th

**Intermediate Ages 12-16**

Start Date: Tues April 30th - June 13th

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**

**Cycle & TRX Chris / Erika\*\* (FREE)**

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

**Tuesday 5:15-6am & Friday 12:00-1:00pm**

This intense class was created to help your body tone up with the TRX Suspension training system while speeding through flats and hills to build cardiovascular abilities.

**Cycle & 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\*\***

**Cycle & 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.

**Cycle & 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.



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