

# COMING SOON!

## BRAND NEW SMALL GROUP TRAINING PROGRAM LAUNCHES THIS SEPTEMBER!

Small group training offers the camaraderie of training with a group and the expert coaching of working with a personal trainer, for an affordable and fun way to meet your health & wellness goals.

Be on the lookout for more information about our brand new 12 week weight loss and lifestyle change program with nutrition coaching as well as a brand new small group training schedule with new class formats.



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 Johanna Irland Cormier, Health & Wellness Director at 622-9622, ext. 122 or at [Johanna@kvymca.org](mailto:Johanna@kvymca.org)

\*To register for the programs listed in this brochure please call 207-622-9622 or visit our front desk.

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



# SUMMER 2019

## Healthy Living Programs



## SUMMER SESSION

Dates: June 17th—August 11th

## REGISTRATION DATES

Members - Opens May 28th

Program Members - Opens June 3th

## BREAK WEEK

August 12th—August 25th

For more information on any of our Healthy Living Programs, please contact Johanna Irland Cormier, Health & Wellness Director at 622-9622 x122 or [johanna@kvymca.org](mailto:johanna@kvymca.org)



## LIVESTRONG AT THE YMCA

LIVESTRONG at the YMCA is a 12 week, small group program designed for adult cancer survivors. The goal of this program is to help participants build muscle mass and strength, increase flexibility and endurance and improve functional ability.

Additional goals include reducing the severity of therapy side effects, preventing unwanted weight changes, and improving energy levels and self-esteem.

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Program launches June 11 @ 9:30am at the Augusta Campus

For more information, please contact Kim at 622-9622, ext. 211 or by email at [kim@kvymca.org](mailto:kim@kvymca.org).

## INDOOR CYCLE CLASSES

EASY PEASY, LEMON SQUEEZY!

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Indoor cycle classes no longer require registration and no longer run on the program schedule as 7 or 8 week sessions. We wanted to make it as easy as possible for you to take class!



Simply sign up at the Welcome Center up to 24 hours in advance to reserve your bike, or just show up! And, all indoor cycle classes are included in your membership so stay cool this summer and ride inside!



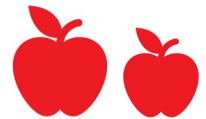
## REDEFINE YOUR HEALTH TRANSFORM YOUR LIFE

### Diabetes Prevention Program

If you're at risk for Type 2 diabetes, you can make small, measurable changes that can help reduce your risk and help you live a healthier, happier life. Change is tough—we can help.

#### PROGRAM FEATURES

- 25 sessions delivered over the course of one year.
- Led by trained Lifestyle Coach.
- A group that offers motivation and support.



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Program launches June 18 @ 9:00am at the Augusta Campus

For more information, please contact Brandon at 622-9622, ext. 220 or by email at [brandon@kvymca.org](mailto:brandon@kvymca.org).