



**FRIDAY, SEPTEMBER 27, 2019
@ 6:32AM (SUNRISE)**

REGISTRATION INFO

Pre-register by September 8th at KV YMCA in Augusta or Manchester or online at <https://www.runreg.com/26th-annual-rise-n-shine> and receive a free long sleeved T-shirt.

You can register the day of the race beginning at 5:30am. The registration fee is \$29 in advance / \$35 day of event, and benefits the KV YMCA. Please make checks payable to the KV YMCA.

QUESTIONS? Call us at 622-YMCA or email Johanna at johanna@kvymca.org.



**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, Health & Wellness Director at Johanna@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

40 Granite Hill Road
Manchester, Maine 04351
www.kvymca.org
www.facebook.com/kvymca



**FALL I 2019
Healthy
Living
Programs**



FALL I SESSION

Dates: August 26th– October 20th

REGISTRATION DATES

Members - Opens August 5th

Program Members - Opens August 12th

BREAK WEEK

October 19th—October 26th

For more information on any of our Healthy Living Programs, please contact Johanna, Health and Wellness Director at 622-9622x122 or johanna@kvymca.org

The Kennebec Valley YMCA Transformation Challenge

 **AIM
FOR
BETTER.**

**BRAND NEW LIFESTYLE CHANGE
PROGRAM LAUNCHES SEPTEMBER 9**

Days & Times
Weekly for 12 weeks

Mon & Wed @ 4pm w/Jo

Tues & Fri @ 6am w/Kim

Tues & Fri @ 7am w/Kim

Tues & Thurs @ 12pm w/Jo



Transformation Challenge

This 12 week
program includes:

- ◆ Twice weekly small group training sessions (55 minutes) plus additional workouts to complete on your own
- ◆ 60 minute initial session with Health Coach
- ◆ 30 minute check in session with Health Coach halfway through the program
- ◆ Program T-Shirt
- ◆ First 20 participants receive a Gym Gypsy Journal to track workouts, nutrition, sleep, daily goals, and motivation throughout the program

**SIGN-UP at the
Welcome Center to reserve
your spot today!**

Program Cost

\$95 / month for 3 months or

\$285 paid in full*

*Corporate Discounts Available



Don't see a day / time that works for you?

Contact Johanna at johanna@kvymca.org or call 622-YMCA ext. 122