

# BE STRONG. #MOMSTRONG

## JOIN OUR MOMMY & ME CLASS!

- Geared for mamas with babies 3-18 months.
- Designed to bring fitness and balance to new mamas as they bond with their babies.
- Specific to post-partum-addressing pelvic floor, core and posture.
- Nursing, feeding, walking, bouncing, baby-wearing and crying are all normal activities here!
- For all fitness levels!



**\$30 MEMBERS**

**\$40 PROGRAM MEMBERS**

**\$50 NON-MEMBERS**



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 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 Welcome Center.**

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)



# FALL II 2019 Healthy Living Programs



## FALL II SESSION

Dates: October 28th—December 15th

### REGISTRATION DATES

Members - Opens October 7th

Program Members - Opens October 14th

### BREAK WEEK

December 16th—December 31st

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

# PEDAL FOR A PURPOSE

**SPIN & GIVE TO OUR ANNUAL  
STRONG KIDS CAMPAIGN TO  
SUPPORT CAMPERSHIPS FOR  
SUMMER 2020 CAMP  
SEASON!**

**November 11-16**


**Kickoff Ride on Monday,  
November 11 from 5-7pm**

## HOW TO HELP:

1. Register to Cycle—\$10 event registration. Register in-person at the Welcome Center.
2. Fundraise for the Campers! \$50 fundraising minimum to participate.
3. Ask your friends & family to pledge you per mile or give a lump sum sponsor.
4. Get a punch card and track every mile you cycle from November 11-16 & have a cycle instructor sign off.
5. The athlete with the most mileage and the athlete who raises the most money win a prize!

# FALL INTO FITNESS

with the KV YMCA and The  
Oak Table!

**Workout & Win!**   
September 23- November 27

**Win a \$50 Gift Card to The  
Oak Table & Bar and a FitBit  
Charge!**

## HOW TO PLAY

- Pick up a punch card from the Welcome Center or from a Group Fitness Instructor.
- Get a signature for every class you take.
- BONUS! If you try a class you've never taken before or a class from a new instructor, you get TWO signatures!
- Bring your filled out punch cards to the Welcome Center at either location.

# SILVERSNEAKERS GIVE BACK WEEK

**November 4-9**



Help us help families in need this Thanksgiving season by bringing in two canned goods to any SilverSneakers class at the Manchester or Augusta Campus. Instructors will be using the cans in the workout as weights and then all non-perishables collected will get donated to The Augusta Food Bank. Visit [augustafoodbank.org](http://augustafoodbank.org) for a list of foods always needed.