

# EVIDENCE BASED PROGRAMS

## LIVESTRONG at the YMCA

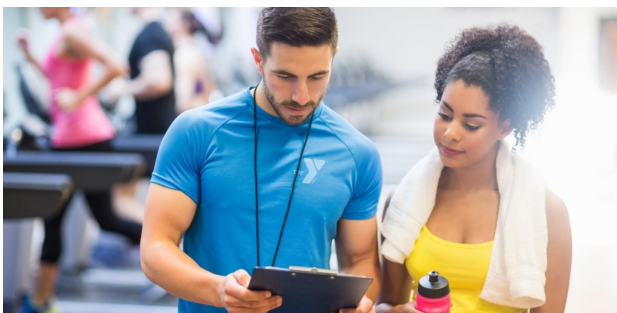
An evidenced-based physical activity program designed to help adult cancer survivors reclaim their health. Includes free membership for duration of program.

## 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 & 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.



For more information, contact Health & Wellness Director, Johanna at 207 622 9622 x122 or [Johanna@kvymca.org](mailto:Johanna@kvymca.org).

# STRONGER TOGETHER

The KV YMCA offers more than 50 group exercise classes per week - all included in your membership!

We offer a variety of formats, including yoga, Tabata, SilverSneakers, indoor cycling, plus two NEW formats launching in January, Barbell Strong and Maxout!

Check out the Group Fitness Class schedule online or at our Welcome Centers.

## REGISTER TODAY!

Visit the Welcome Center or call us at 207 622 9622

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

## KENNEBEC VALLEY YMCA

31 Union Street, Augusta ME 04330  
40 Granite Hill Rd, Manchester ME 04351  
(P) 207 622 9622  
(W) [kvymca.org](http://kvymca.org)

Winter  
2020



# HEALTHY LIVING KV YMCA PROGRAMS



## WINTER SESSION

January 6<sup>st</sup>-February 23<sup>rd</sup>

## REGISTRATION OPENS

December 16<sup>th</sup>

## MAKE-UP WEEK

February 24<sup>th</sup>-March 1<sup>st</sup>

For more information, contact Health & Wellness Director, Johanna at 207 622 9622 x122 or [Johanna@kvymca.org](mailto:Johanna@kvymca.org).

## MOVESTRONG

This class is led by a certified Personal Trainer and incorporates a traditional body building style of training with more dynamic and explosive movements. Every class is different and will help you feel stronger, faster!

Tuesdays 12:15-1PM

Tuesdays 5:15-6PM

Thursdays 12:15-1PM

\$59 for 8 weeks

\$12 drop-in



### TRANSFORMATION CHALLENGE TRAINING SCHEDULE OPTIONS

Mondays & Fridays 6-7AM

Mondays & Fridays 12-1PM

Tuesdays & Fridays 6-7AM

Tuesdays & Fridays 7-8AM

Tuesdays & Thursdays 4-5PM

Tuesdays & Thursdays 5-6PM

## TRANSFORMATION CHALLENGE

PROGRAM LAUNCHES JANUARY 6<sup>TH</sup>

The program includes two 55-minute workouts per week for 12 weeks, a 30-minute initial consultation with a Certified Nutrition Coach, plus a 15-minute Check In to track your progress. You'll also receive access to a private Facebook group with nutrition information, workouts and support from other participants.



**Nutrition Support**

**Small Group Training**

**Tools For Success**

**Results You Want**

## MOVEBETTER

Improve your mobility, flexibility and stability with the guidance of a personal trainer, using self-myofascial release techniques and stretching. This class is perfect for anyone looking to improve their posture and performance in the gym!

Wednesdays 12:15-1PM

\$59 for 8 weeks

\$12 drop-in



**MEMBERS:** \$95 per month for 3 months, \$285 Paid in Full

**NON-MEMBERS:** \$150 per month for 3 months, \$450 Paid in Full

**REGISTER TODAY!**

Visit the Welcome Center for available days and times.