

HEALTH COACHING

**Did you know we offer
Health Coaching?**

Meeting with a certified Health Coach or Nutrition Coach can help you establish healthy new lifestyle habits by giving you the education and accountability you need to help you reach your goals.

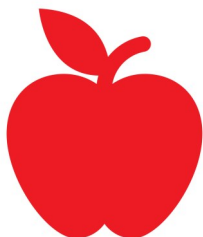
To schedule a free 15 minute consult to see if Health Coaching is right for you, contact:

Brandon Tardiff

Brandon@kvymca.org
207 622 9622 ext. 220

Johanna Irland Cormier

Johanna@kvymca.org
207 622 9622 ext. 122



For more information, contact
Health & Wellness Director,
Johanna at 207 622 9622 x122 or
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 that
just launched this 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

KENNEBEC VALLEY YMCA

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

Spring
2020



HEALTHY LIVING KV YMCA PROGRAMS



**PROGRAM SESSION:
March 2nd-April 19th**

**REGISTRATION OPENS:
February 10th**

**MAKE-UP WEEK:
April 20th-April 26th**

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NEW! FREE GROUP EXERCISE CLASSES

MAXOUT

Be prepared for simple, but effective, cardio and strength movements using bodyweight, sandbags, jump rope and more with minimal recovery time. We will also focus on basic exercises such as squats, lunges, jumping jacks, and fundamental martial arts movements. This 45 minute class of full body strength and conditioning will challenge your mental and physical barriers, elevate your heart rate and boost your mood! This class is designed for intermediate to advanced fitness levels.

AUGUSTA CAMPUS - TUESDAYS @ 6PM
MANCHESTER CAMPUS - SATURDAYS @ 9AM

INTRO TO CYCLE

This 15-minute class will give you a chance for your instructor to get your bike setup correctly, give you a quick run through of what to expect in class and give you a chance to ask any questions you may have so you can rock your first ride! No pre-registration necessary, just show up!

AUGUSTA CAMPUS - MONDAYS @ 5:15AM (before Cycle30 with Pete)

AUGUSTA CAMPUS - FRIDAYS @ 11:45AM (before Endurance Ride with Colin)

YOUTH FITNESS

This class is a great way to introduce kids 8-12 years old to perform basic movement patterns with proper form and with an emphasis on fun!

Wednesdays 4-5PM

Members: \$60
Program Members: \$80
Non-Members: \$100



BARBELL STRONG

This full body strength workout uses a mini barbell and dumbbells for a fun and effective workout, choreographed to music. This class is designed for all fitness levels and is 55 minutes.

SATURDAYS @ 8AM
MANCHESTER CAMPUS

(This class is ticketed and limited to 16 participants. Reserve your spot before each class at the Welcome Center.)

SMALL GROUP TRAINING

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

Cost:
\$59 for 8 weeks
\$12 drop-in fee

MOVESTRONG

This class is led by certified Personal Trainer, Brandon Tardiff, 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 5:15-6PM
Thursdays 12:15-1PM

Cost:
\$59 for 8 weeks
\$12 drop-in fee