



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:

Health and Wellness Director

Shayna Lester

Shayna@kvymca.org

207-622-9622 ext 2200



FOR MORE INFORMATION

Health and Wellness Director
Shayna @ 207-622-3622 x2200 or
Shayna@kvymca.org

KENNEBEC VALLEY YMCA
31 UNION STREET,
AUGUSTA ME 04330
P.2076229622
W. KVYMCA.ORG



SPRING 1 2024

KVYMCA'S
HEALTHY LIVING
PROGRAMS

HOURS OF
OPERATION
MONDAY -FRIDAY
530AM-8PM
SATURDAY 8AM-2PM
SUNDAY- CLOSED

STRONGER TOGETHER

The KV YMCA offers more than 30 group exercise classes per week - all included in your membership!

We offer a variety of formats including yoga , SilverSneakers, indoor cycling, Intro to Strength, Total Body Strength , and many other classes.

Check out the Group Fitness schedule on our mobile app or stop by the Welcome Center.

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.

Feb 27th-May 16th
Tues/Thur : 1pm-2pm

GROUP EXERCISE CLASSES



MOVE STRONG

This class incorporates a traditional body building style of training with more dynamic and explosive movements. Every class is different and will help you feel stronger and faster! 8week program

Starts: Feb 26th

Cost:

\$70 for 1 class per week

\$120 for 2 classes per week



Tai Chi with Kim

- Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

WHEN: TUES/THUR 11-11:45

Cost : \$25

Move Better with Parkinsons

This group exercise class is instructed by a Certified Medical Fitness Specialist.. It includes activities such as stretching ,education. motor- dual tasking, boxing and more

WHEN: Wed/Fri 11AM - 12PM

Cost: \$30 for 1 class

\$60 for 2

Spin 90

Get your spin on with David Watts, a certified triathlon trainer!

WHEN: Saturdays 8am- 930am

Cost: \$40

