



## 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](mailto:Shayna@kvymca.org)

207-622-9622 ext 2200



## FOR MORE INFORMATION

Health and Wellness Director  
Shayna @ 207-622-3622 x2200 or  
[Shayna@kvymca.org](mailto:Shayna@kvymca.org)

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SPRING II 2023

HEALTHY LIVING  
KV YMCA  
PROGRAMS

HOURS OF  
OPERATION  
MONDAY -FRIDAY  
530AM-7PM  
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, tabata, SilverSneakers, indoor cycling, plus two NEW formats that just launched this October. Intro to Strength and Total Body Strength is back!!

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

# GROUP EXERCISE CLASSES



## Tai Chi Flow For Stress Management

Session starts April 25th and runs every Tuesday and Thursday from 11am to 1145.

Cost:

\$10 for members

\$20 for non members

## Walking Club

This club will walk every Monday/Wednesday/Friday 12pm to 1230pm

Cost:

Free for members

\$10 drop in fee for non members.

## MOVESTRONG

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! 8 week program

starts April 27th

Cost:

\$60 for 1 class per week

\$110 for 2 classes per week



# CLINICS AND WORKSHOPS

## Balance Workshop

This one time workshop will be held on May 3rd from 11am to 12pm. This is a combo exercise / educational workshop.

Cost:

\$5 for members

\$20 for non-members

## Triathlon Clinic

This free intro clinic will run twice during the Spring II session.

April 12th from 6pm to

April 15th from 10am to

## Exercise Workshop for Chronic Conditions

This workshop will be a 45 minute class for people who have hypertension.

When: May 2nd from 9am-945am

Cost: