



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CLASSES

## FALL I: SEPTEMBER 8-NOVEMBER 2

● MILD ■ HIGHER INTENSITY ☀ Class is held outside ▲ Registration Required/Fee

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:35-6:35 <b>Indoor Cycling</b> (Connie) <b>STARTS 10/7</b>	5:45-6:35 <b>Be Strong</b> (Eileen) ■	5:35-6:35 <b>Indoor Cycling</b> (Elizabeth) <b>STARTS 10/7</b>	5:45-6:35 <b>Be Strong</b> (Elizabeth) ■	5:35-6:35 <b>Indoor Cycling</b> (Connie) <b>STARTS 10/7</b>	
		8:00-8:30 <b>Mobility</b> (Aaron) ●	6:15-7:30 <b>Kripalu Yoga</b> (Lisa)	8:00-8:30 <b>Mobility</b> (Meg) ●		NEW! ☀ 7:30-8:30 <b>Primal Strength</b> (Aaron)
	8:30-10:00 <b>Gentle Iyengar Yoga</b> (Dale) MPRA ●	8:35-9:30 <b>Functional Circuit</b> (Aaron)	7:35-8:30 <b>Qi Gong</b> (Lisa) ●	8:35-9:30 <b>Functional Circuit</b> (Meg)	8:35-9:30 <b>Zumba®</b> (Keri/Shari)	8:05-9:00 <b>Zumba®</b> (Chelsie)
	8:35-9:30 <b>Step &amp; Sculpt</b> (Kelly)	9:00-10:00 <b>Seated Tai Chi</b> (Karen) MPRA ●	8:35-9:30 <b>Step &amp; Sculpt</b> (Eileen)	8:45-9:40 <b>Indoor Cycling</b> (Kelly)	9:00-10:00 <b>Low Key Tai Chi</b> (Karen) MPRA ●	9:05-10:00 <b>willPower Method®</b> (Meg)
	9:35-10:30 <b>Integrated Strength</b> (Susan)	8:45-9:40 <b>Indoor Cycling</b> (Kelly)	9:35-10:30 <b>Zumba Gold</b> (Nikki) ●	9:35-10:30 <b>PiYo® Live</b> (Jen)	9:35-10:30 <b>Integrated Strength</b> (Susan)	
	9:35-10:30 <b>Indoor Cycling</b> (Meg)	9:35-10:30 <b>Tabata/HIIT</b> (Elizabeth) ■	9:35-10:30 <b>Indoor Cycling</b> (Kristin)	10:35-11:30 <b>Pilates</b> (Carole)	9:35-10:30 <b>Indoor Cycling</b> (Meg)	9:05-10:00 <b>Adult Martial Arts</b> Reg. Req. (Bill) ▲
	10:35-11:45 <b>Kripalu Yoga</b> (Lois)	10:35-11:30 <b>Pilates</b> (Carole)	10:35-12:05 <b>Gentle Yoga</b> (Joanne)	NEW! 11:35-12:30 <b>Qi Gong</b> (Karen) ●	10:35-12:05 <b>Iyengar Yoga</b> (Dale)	10:05-11:00 <b>Youth Martial Arts</b> Reg. Req. (Bill) ▲

### NEW PRIME TIME HOURS (effective 9/3)

Monday-Friday 8:30-1pm  
Monday-Thursday 3:45-6:45pm  
Saturday 8-12pm



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> <i>(Rebecca)</i>	12:00-1:15pm Room Reserved	12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> <i>(Rebecca)</i>	12:35-1:15pm Room Reserved	12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> <i>(Rebecca)</i>	
	NEW! 1:30-2:30 <b>Zumba Gold</b> <i>(Nikki/Shari)</i>	1:20-2:00 <b>Forever Young</b> <i>(Wayne)</i>		1:20-2:00 <b>Forever Young</b> <i>(Wayne)</i>		
	4:35-5:30 <b>Zumba®</b> <i>(Chelsie)</i>		4:35-5:30 <b>Dance &amp; Tone</b> <i>(Chelsie)</i>	4:35-5:30 <b>Zumba®</b> <i>(Keri)</i>		
	5:35-6:15 <b>Barre Sculpt</b> <i>(Chelsie)</i>	5:45-7:15 <b>Iyengar Yoga</b> <i>(Dale)</i>	5:35-6:00 <b>Core</b> <i>(Chelsie)</i>	6:00-7:30 <b>Iyengar Yoga</b> <i>(Stephanie)</i>		
	NEW! 6:20-7:05 <b>P90X® LIVE</b> <i>(Jen B.)</i>		6:15-7:00 <b>STRONG®</b> <i>by Zumba (Andrea)</i>			
			NEW!  6:30-7:30 <b>Primal Strength</b> <i>(Aaron)</i>			

**CONTACT**

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Revised 9/25