



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CLASSES

## FALL II: NOVEMBER 18-DECEMBER 31

● MILD ■ HIGHER INTENSITY. Classes are for all levels unless otherwise specified.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:35-6:35 <b>Indoor Cycling</b> (Connie)	5:45-6:30 <b>Be Strong</b> (Eileen) ■	5:35-6:35 <b>Indoor Cycling</b> (Elizabeth)	5:45-6:30 <b>Be Strong</b> (Jill) ■	5:35-6:35 <b>Indoor Cycling</b> (Connie)	
		8:00-8:30 <b>Move Better with Myofascial Release</b> (Karen)	6:15-7:30 <b>Kripalu Yoga</b> (Lisa)	8:00-8:30 <b>Mobility</b> (Meg) ●		7:30-8:30 <b>Indoor Cycling</b> <i>Begins 12/1</i>
	8:35-9:30 <b>Step &amp; Sculpt</b> (Kelly)	8:35-9:30 <b>Functional Circuit</b> (Meg)	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> (Jennifer/Shari)	8:00-8:55 <b>Zumba®</b> (Lindsey)
	8:30-10:00 <b>Gentle Iyengar Yoga</b> (Dale) MPRA ●	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 ●	9:00-9:55 <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)	9:00-9:55 <b>Adult Martial Arts</b> <i>Reg. Req. (Bill)</i>
	9:35-10:30 <b>Indoor Cycling</b> (Meg)	9:35-10:30 <b>Tabata/HIIT</b> (Jill) ■	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)	10:00-10:55 <b>Youth Martial Arts</b> <i>Reg. Req. (Bill)</i>
	10:35-11:45 <b>Kripalu Yoga</b> (Lois)	10:35-11:30 <b>Pilates</b> (Carole)	10:35-12:00 <b>Iyengar Yoga</b> (Dale)	NEW! 11:35-12:30 <b>Yang Style Tai Chi</b> (Karen)	10:05-11:00 <b>Zumba Gold</b> (Jennifer/Shari) MPRB ●	11:00-12:15 <b>Adult Ballet</b> (Chloe)
			NEW! 12:15-1:00 <b>The Chair Class</b> (Meg) ●		10:35-12:05 <b>Iyengar Yoga</b> (Dale)	
	12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> (Rebecca) ●		12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> (Rebecca) ●		12:15-1:15 <b>Parkinson's/ Adaptive Exercise</b> (Rebecca) ●	



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:35-5:30pm <b>Zumba®</b> <i>(Chelsie)</i>	4:35-5:30 <b>willPower Method®</b> <i>(Meg)</i>	4:35-5:30pm <b>Shake &amp; Shape</b> <i>(Chelsie)</i>	4:35-5:30pm <b>Zumba®</b> <i>(Keri)</i>		
	5:45-6:30pm <b>Barre Sculpt</b> <i>(Chelsie)</i>		5:35-6:00pm <b>Core</b> <i>(Chelsie)</i>			
	5:45-6:30pm <b>Indoor Cycling</b> <i>(Meg)</i>	5:45-7:15pm <b>Iyengar Yoga</b> <i>(Dale)</i>				
	6:35-7:35pm <b>Yoga Flow and Restore</b>		<b>NEW!</b> 6:15-7:00pm <b>STRONG®</b> by Zumba <i>(Andrea)</i>	6:00-7:30pm <b>Iyengar Yoga</b> <i>(Stephanie)</i>		

**CONTACT**

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Revised 11/15