



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CLASSES

SPRING: MARCH 17-MAY 25

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:35-6:35 Indoor Cycling (Connie)	5:45-6:30 Be Strong (Eileen) ■	5:35-6:35 Indoor Cycling (Elizabeth)	5:45-6:30 Be Strong (Jill) ■	5:35-6:35 Indoor Cycling (Connie)	
		8:00-8:30 Move Better with Myofascial Release (Karen) ●	6:15-7:30 Kripalu Yoga (Lisa)	8:00-8:30 Mobility (Meg) ●		7:30-8:30 Indoor Cycling (Varies)
	8:30-10:00 Gentle Iyengar Yoga (Dale) ● MPRA	8:35-9:30 Functional Circuit (Meg)	7:35-8:30 Qi Gong (Lisa) ●	8:35-9:30 Functional Circuit (Meg)	8:35-9:30 Zumba® (Jennifer/Shari)	8:00-8:55 Zumba® (Lindsey)
	8:35-9:30 Step & Sculpt (Kelly)	9:00-10:00 Seated Tai Chi (Karen) ● MPRA	8:35-9:30 Step & Sculpt (Eileen)	8:45-9:40 Indoor Cycling (Kelly)	9:00-10:00 Low Key Tai Chi (Karen) ● MPRA	9:00-9:55 willPower Method® (Meg)
	9:35-10:30 Integrated Strength (Susan)	8:45-9:40 Indoor Cycling (Kelly)	9:35-10:30 Zumba Gold (Nikki) ●	9:35-10:30 PiYo® Live (Jen)	9:35-10:30 Integrated Strength (Susan)	9:00-9:55 Adult Martial Arts ▲ Reg. Req. (Bill) No class 4/20
	9:35-10:30 Indoor Cycling (Meg)	9:35-10:30 Tabata/HIIT (Jill) ■	9:35-10:30 Indoor Cycling (Kristin)	9:30-10:30 Fit Together Level II: ▲ Reg. Req. (Jill) No class 4/18	9:35-10:30 Indoor Cycling (Meg)	10:00-10:55 Youth Martial Arts ▲ Reg. Req. (Bill) No class 4/20
	10:35-11:45 Kripalu Yoga (Lois)	10:35-11:30 Pilates (Carole)	10:35-12:00 Iyengar Yoga (Dale)	10:35-11:30 Pilates (Carole)	10:05-11:00 Zumba Gold (Jennifer/Shari) ● MPRB	11:00-12:15 Adult Ballet (Chloe)
		12:00-1:15pm Room Reserved		11:35-12:30 Yang Style Tai Chi (Karen)	10:35-12:05 Iyengar Yoga (Dale)	
				12:30-1:15pm Room Reserved		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	12:15-1:15 Parkinson's/ Adaptive Exercise <i>(Rebecca)</i>	1:20-2:00 Forever Young <i>(Wayne)</i>	12:15-1:15 Parkinson's/ Adaptive Exercise <i>(Rebecca)</i>	1:20-2:00 Forever Young <i>(Wayne)</i>	12:15-1:15 Parkinson's/ Adaptive Exercise <i>(Rebecca)</i>	
	4:35-5:30pm Zumba® <i>(Chelsie)</i>	4:35-5:30pm NEW! Grown up Hip-Hop <i>Reg. Req. (Chelsie) No class 4/16</i>	4:35-5:30pm Shake & Shape <i>(Chelsie)</i>	4:35-5:30pm Zumba® <i>(Keri)</i>		
	5:45-6:30pm Barre Sculpt <i>(Chelsie)</i>	5:45-7:15pm Iyengar Yoga <i>(Dale)</i>	5:35-6:00pm Core <i>(Chelsie)</i>	6:00-7:30pm Iyengar Yoga <i>(Stephanie)</i>		
			6:15-7:00pm STRONG® <i>by Zumba (Andrea)</i>			
			6:15-7:05pm Indoor Cycling <i>(BJ)</i>			

CONTACT

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Revised 3/20