



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# A HEALTHIER, HAPPIER YOU

Promoting a healthy spirit, mind, and body for all.

## FALL I ADULT PROGRAMS: September 8 – November 2

Program registration opens August 19. Swim lesson registration opens August 26.

### ADULT HIP HOP

Cost: \$54

Tuesdays 4:30–5:30pm

Mix up your fitness routine and join a dance troop – no experience necessary! You will learn how to do a short piece of choreography with your team! Taught by Chelsie Vega.

### P90X® LIVE

Cost: Free with Membership

Mondays 6:15–7:00pm

This is a full-body, strength-training workout class featuring four unique blocks: cardio, lower-body strength, upper-body strength, and core.

### PRIMAL STRENGTH

Cost: Free with Membership

Wednesdays 6:30–7:30pm AND Saturdays 7:30–8:30am

Train your body the way it's designed to move! Hoist, heave, and hurdle your way to a stronger you!

### ADULT MARTIAL ARTS

Cost: \$54

Saturdays 9:00–10:00am

Take mental and physical strength to a new level with this blend of self-defense, interval training, and martial arts.

### MAKING STRIDES – RUN TRAINING

Cost: \$54

Thursdays 6:00–7:00pm

A series of 8 progressive running clinics all designed to improve your personal running experience. For non-runners and those with some running experience.

Casco Bay Branch

YMCA of Southern Maine

14 Old South Freeport Rd, Freeport, ME 04032 | 207.865.9600 | ymcaofsouthernmaine.org

**FOR ALL**

Ask us about our  
Financial Assis-  
tance program





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## FREE ONGOING ADULT PROGRAMS

### PARKINSON'S SUPPORT GROUP

**Wednesdays 11:15am-12:15pm**

Know someone with Parkinson's Disease? Come join the weekly support group. Patients, family and caregivers are all welcome.

### CARDS AND COFFEE

**Tuesdays 10:00am-12:00pm**

Join us for a game of cards and a cup of coffee. Bridge players needed. Meets in the Thompson Wing.

### WRITERS GROUP

**Fridays 10:00am-12:00pm**

This is a group that aids people in writing their own story. Anyone who would like help with their story (memoirs, fiction, etc.) is welcome to join in. Meets in the conference room.

### KNITTING GROUP

**Tuesdays 11:15am-12:30pm**

Do you love to knit? Join us for a weekly opportunity to gather, knit, and chat. Participants should bring their own project and supplies. Meets in the Thompson Wing.

**Registration opens 8/19. Session runs 9/8 - 11/2.**

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