



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER FUN FOR EVERYONE

WINTER I ADULT PROGRAMS

Program registration opens December 27. Swim lesson registration opens January 3. Sessions run January 13—March 16.

STRONG by Zumba

Ages 14 and up

Tuesday, 5:45–6:30pm

Free with membership

STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to music. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe five more!

Coached Running

Ages 14 and up

Wednesday, 6:00–7:00pm

\$54

Would you like to learn to run? Would you like to improve your run? Are you training for a specific distance or race? Whatever your running goals are, long-time Coach Beth Birch will be there to help. She will also give you individual training plans for each week in addition to class.

Kickboxing Do

Ages 14 and up

Thursday, 5:45–6:30pm

\$54

A no dance class using progressive kickboxing drills and combinations to build power and increase strength, but also to learn some basic techniques.



Continued on next page...

Pineland Branch

YMCA of Southern Maine

25 Campus Drive STE 100 New Gloucester ME 04260 | 207.688.2255

ymcaofsouthernmaine.org



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WINTER I ADULT PROGRAMS, continued...

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Restorative Yoga Workshop

Ages 14 and up

Sunday, January 20th 10:30-12:30pm

\$19 Members, \$36 Non-members

Restorative Yoga is the practice of allowing the body to rest and deeply relax, using props to support the body in postures. This practice is beneficial for stress relief, reduction of blood pressure, muscular tension, insomnia and fatigue.

Self Defense Workshop

Ages 14 and up

Sunday, February 24th 11:00-1:00pm

\$19 Members, \$36 Non-members

Learn street smart strategies to stay safe. You will practice key self defense moves, learn how to defend yourself, and how to avoid dangerous situations.

Core Workshop

Ages 14 and up

Sunday, March 3rd, 10:15-12:15pm

\$19 Members, \$36 Non-members

An informative and cutting edge core training workshop fused with yoga. Learn the fundamentals of functional training through a format of instruction and practicum. All levels are welcomed.



FOR ALL

Ask about our
Financial
Assistance!

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