



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BLOOM AT THE Y!

HEALTHY LIVING PROGRAMS, SPRING II: May 26 – July 20

Program registration opens 5/6. Swim lesson registration opens 5/13.

Zumba Step

Cost: Free with membership

Wednesday, 5:45–6:45pm

Combine the toning and strengthening power of step aerobics, with the fun fitness party of Zumba.

Muscle Matters (geared towards women)

Cost: Free with membership

Wednesday, 1:00–1:30pm

Learn the fundamental skills of weight lifting in a comfortable, non-competitive environment. Join us each week as we teach you the knowledge and skills needed to reach your goals!

Restorative Yoga Workshop

Cost: \$19 Members, \$36 Community

Sunday, May 19 @ 10:30–12:30pm

Take time to relax and renew. The Restorative Yoga workshop includes basic relaxation poses, gentle supported backbends, forward bends, gentle twists, and poses to reverse the effects of gravity.

Pineland Branch

YMCA OF SOUTHERN MAINE

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FOR ALL

Ask us about our
Financial Assistance
program

