



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CLASSES – PINELAND BRANCH

SPRING SESSION: MARCH 17 – MAY 18

REGISTRATION REQUIRED CLASSES - ●

● MILD-MODERATE ▲ MODERATE- VIGOROUS. All classes can be modified.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:45 AM Cycle (Elizabeth)	8:45-9:30 AM Hydro Cardio (Barbra) Pool ●	5:45-6:45 AM Cycle (Bruce)	8:45-9:30 AM Hydro Tone (Courtney) Pool ●	5:45-6:45 AM Cycle (Bruce)	
	8:35-9:20 AM Aquasize Total Body (Rebecca) Pool ●	9:00-10:30 AM Pilates/Yoga Fusion (Judi)	8:30-9:30 AM Aquasize Total Body (Courtney) Pool ●	9:00-9:30 AM Pilates/ Yoga Fusion on the ball (Judi) Com. Rm.	8:35-9:20 AM Aquasize Total Body (Rebecca) Pool ●	8:00-8:25 AM Pilates/ Yoga Fusion on the ball (Judi) Com. Rm.
				9:30-10:30 AM Boot Camp Yoga (Judi) Com. Rm.	8:30-9:15 AM Around the World Creative Movement Yoga Ages: 1-5 (Liz) Com. Rm. ●	8:30-9:30 AM Ying/ Yang Flow Yoga (Judi) Cpm. Rm.
9:15-10:00 TRX/Cycle (Rebecca) ½ Gym <i>Sign-up Required</i>	9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲	9:15-10:00 AM Cycle (Kristin) ½ Gym	9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲	9:45-10:30 AM STRONG by Zumba (Courtney) ½ Gym ▲	9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲	8:30-9:15 AM Circuit Boot Camp (Tracy) Gym ADULTS ONLY ▲
	10:00-11:00 AM Knitting and Crochet Club (Courtney) Com. Rm.	10:45-11:45 AM Beginner Yoga Flow (Judi) Com. Rm. ●	9:30-11:30 AM E.L.R. Com. Rm.	10:35-11:30 AM Tai Chi (Cindy) Com. Rm. ●		9:30-10:15 AM Cycle (Rebecca) ½ Gym <i>Sign-up Required</i>
	10:35-12:30 PM Drop-In Pickleball (Allison) ½ Gym	11:00-12:00 AM Zumba Gold (Nikky) ½ Gym ●	10:35-12:30 PM Drop-In Pickleball (Allison) ½ Gym ●	11:00-12:00 AM Zumba Gold (Nikky) ½ Gym ●	10:35-12:00 PM Drop-In Pickleball (Allison) ½ Gym ●	10:30-11:00 AM Bitty Ballet Ages: 3-4 (Erin) Com. Rm. ●
2:30-5:00 PM Drop-In Pickleball (Allison) ½ Gym		12:00-12:45 PM Yin Yoga (Judi) Com. Rm. ●	12:35-1:00 PM Tabata Fitness (Courtney) ½ Gym		1:00-2:00 PM Tai Chi (Barbra) Com. Rm.	11:00-11:45 AM Intro to Ballet Ages: 5-7 (Erin) Com. Rm. ●



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NEW! 4:45-5:15 PM Tabata Fitness (Courtney) ½ Gym	4:00-5:00 PM Jr. Karate Ages: 4-6 (Carl) Com. Rm.	NEW! 1:00-1:30 PM Muscle Matters (Geared Towards Women) (Courtney) ½ Gym	4:15-5:00 PM Hip Hop Dance Ages: 7-13 (Erin) Com. Rm.	5:00-7:00 PM Drop-In Table Tennis (Irena)	
	5:30-6:15 PM Lego Treasure Club (Katy) Bowl	4:00-4:45 PM Wilderness Warriors (Justin AKA Eco Man) Bowl	4:15-5:00 PM Zumba Kids (Nikki) ½ Gym	4:45-5:30 PM Boot Camp (Rebecca) ½ Gym		
	5:30-6:15 PM Cycle (Rebecca) Com. Rm.	4:45-5:30 PM Boot Camp (Rebecca) ½ Gym	5:00-5:45 PM HIIT Focus (Tracy) ½ Gym	5:00-5:30 PM Bitty Ballet Ages: 3-4 (Erin) Com. Rm.		
	5:45-6:30 PM Hydro Fit (Angela) Pool	5:35-6:45 PM Mat Pilates (Jean) Com. Rm.	5:00-6:15 PM All Levels Yoga Flow (Judi) Com. Rm.	5:30-6:30 AM Ballet 1 Ages: 6-10 (Erin) Com. Rm.		
	5:45-6:45 PM Youth Karate Ages: 4-10 (Carl) ½ Gym	5:45-6:30 PM Liquid Toning (Bob) Pool	5:45-6:45 PM Zumba/ Zumba Step (Becky) ½ Gym	5:45-6:30 PM Kickboxing Do (Barbra) ½ Gym		
			6:00-7:00 PM Coached Running (Beth)	5:45-6:30 PM Liquid Toning (Bob) Pool		

Class Descriptions can be found at the Membership Desk & on our website.

Get instant alerts straight to your phone! Sign up for alerts by texting the program "handle" (ex: @PLYAMGEX) to the number 81010. Text 81010 @PLYAMGEX for Group Exercise AM Classes and @PLYPMGEX for Group Exercise PM & Weekend Classes.

PRIME TIME: Our drop-off child care, allows families to utilize our facility while giving children a place where "kids can be kids." This is a free program to anyone with a Family or Single Adult Family Membership. For children 3 months to 12 years of age. Please see our hours noted below.

Prime Time – Pineland Branch

Morning	Monday – Friday: 8:30am to 12:00pm
Evening	Monday – Thursday: 4:30pm to 7:00pm
Saturday	8:30am to 12:00pm

CONTACT

Adult Classes, Workshops & Master Classes

Courtney Jacques, Program Coordinator, cjacques@ymcaofsouthernmaine.org (207) 688.2255

**Pineland Branch
YMCA of Southern Maine**

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