



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CLASSES – PINELAND BRANCH

**SPRING II SESSION: MAY 26 – JUNE 16**

REGISTRATION REQUIRED CLASSES - ●

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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:45-5:30 PM <b>Tabata Fitness</b> (Courtney) ½ Gym		1:00-1:30 PM <b>Muscle Matters</b> Geared towards <b>Women</b> (Courtney) ½ Gym		5:00-7:00 PM <b>Drop-In</b> <b>Table Tennis</b> (Irena)	
	5:30-6:15 PM <b>Pond Club</b> (Katy) Com. Rm./Outside	4:45-5:30 PM <b>Boot Camp</b> (Rebecca) ½ Gym		4:45-5:30 PM <b>Boot Camp</b> (Rebecca) ½ Gym		
		5:35-6:45 PM <b>Mat Pilates</b> (Jean) Com. Rm.				
	5:45-6:30 PM <b>Hydro Fit</b> (Angela) Pool	5:45-6:30 PM <b>Liquid Toning</b> (Bob) Pool	5:00-6:15 PM <b>All Levels Yoga</b> <b>Flow</b> (Judi) Com. Rm.	5:45-6:30 PM <b>Liquid Toning</b> (Bob) Pool		
			5:45-6:45 PM <b>Zumba/</b> <b>Zumba Step</b> (Becky) ½ Gym			

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](mailto:cjacques@ymcaofsouthernmaine.org) (207) 688.2255

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YMCA of Southern Maine**

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