



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CLASSES – PINELAND BRANCH

WINTER SESSION: JANUARY 13 – MARCH 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 Cycle (Elizabeth)		5:45-6:45 AM Cycle (Bruce)		5:45-6:45 AM Cycle (Bruce)	
	8:35-9:20 AM Aquasize Total Body (Rebecca) Pool ●	8:45-9:30 AM Hydro Cardio (Barbra) Pool ●	8:30-9:30 AM Aquasize Total Body (Courtney) Pool ●	8:45-9:30 AM Hydro Tone (Courtney) Pool ●	8:35-9:20 AM Aquasize Total Body (Rebecca) Pool ●	8:00-8:25 AM Pilates/ Yoga Fusion on the ball (Judi) Com. Rm.
		9:00-10:30 AM Pilates/Yoga Fusion (Judi)		9:00-9:30 AM Pilates/ Yoga Fusion on the ball (Judi) Com. Rm.	8:45-9:15 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 ●	9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲		9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲	9:30-10:30 AM Boot Camp Yoga (Judi) Com. Rm.	9:30-10:30 AM Total Body (Rebecca) ½ Gym ▲	8:30-9:15 AM Circuit Boot Camp (Tracy) Gym ▲
		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
	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 ●	10:30-11:05 AM Bitty Ballet Ages: 3-5 (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	4:15-5:00 PM Hip Hop Dance (Erin) Com. Rm. ●	1:00-2:00 PM Tai Chi (Barbra) Com. Rm. ●	11:05-11:50 AM Ballet Ages: 6-8 (Erin) Com. Rm. ●



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:00-5:40 PM HIIT Focus (Lower Body & Glutes) (Tracy) ½ Gym ▲	1:00-2:00 PM Jr. Karate (Carl) Com. Rm. ●	NEW! 4:15-5:00 PM Zumba Kids (Nikky) ½ Gym	4:45-5:30 PM Boot Camp (Rebecca) ½ Gym ▲		
	5:15-6:00 PM Disco Yoga (Katy) Bowl ●	4:30-5:15 PM Junior Picassos (Justin) Com. Rm. ●	5:00-5:40 PM HIIT Focus (Upper Body & Core) (Tracy) ½ Gym ▲	5:30-6:15 PM TRX/Cycle (Rebecca) ½ Gym ●	5:00-7:00 PM Drop-In Table Tennis (Irena) ½ Gym	
	5:30-6:15 PM Cycle (Rebecca) Com. Rm.	4:45-5:30 PM Boot Camp (Rebecca) ½ Gym ▲	5:00-6:15 PM All Levels Yoga Flow (Judi) Com. Rm.	NEW! 5:45-6:30 PM Kickboxing Do (Barbra) ½ Gym ●		
	5:45-6:30 PM Hydro Fit (Angela) Pool ●	NEW! 5:45-6:30 PM STRONG by Zumba (Courtney) ½ Gym ▲		5:00-5:35 PM Bitty Ballet Ages: 3-5 (Erin) Com. Rm. ●		
		5:35-6:45 PM Mat Pilates (Jean) Com. Rm.	5:45-6:45 PM Zumba/ Zumba Step (Becky) ½ Gym	5:35-6:15 AM Ballet Ages: 6-8 (Erin) Com. Rm. ●		
	6:30-7:30 PM Youth Karate PM (Carl) Com. Rm. ●	5:45-6:30 PM Liquid Toning (Bob) Pool ●	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.

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	8:00am 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

25 Campus Drive STE 100 New Gloucester, ME 04260

P 207-688-2255 www.ymcaofsouthernmaine.org