



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 <b>Cycle</b> (Elizabeth)		5:45-6:45 AM <b>Cycle</b> (Bruce)	8:45-9:30 AM <b>Hydro Tone</b> (Courtney) Pool ●	5:45-6:45 AM <b>Cycle</b> (Bruce)	
	8:35-9:20 AM <b>Aquasize Total Body</b> (Rebecca) Pool ●	8:45-9:30 AM <b>Hydro Cardio</b> (Barbra) Pool ●	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.
		9:00-10:30 AM <b>Pilates/Yoga Fusion</b> (Judi)	9:30-11:30 AM <b>E.L.R.</b> Com. Rm.	9:30-10:30 AM <b>Boot Camp Yoga</b> (Judi) Com. Rm.	8:45-9:15 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) Cpm. Rm.
9:15-10:00 <b>TRX/Cycle</b> (Rebecca) ½ Gym ●	9:30-10:30 AM <b>Total Body</b> (Rebecca) ½ Gym ▲	<b>NEW!</b> 10:00-10:45 AM <b>Cycle</b> (Kristin) ½ Gym	9:30-10:30 AM <b>Total Body</b> (Rebecca) ½ Gym ▲	<b>NEW!</b> 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 ▲
		10:45-11:45 AM <b>Beginner Yoga Flow</b> (Judi) Com. Rm. ●	10:35-12:30 PM <b>Drop-In Pickleball</b> (Allison) ½ Gym	10:35-11:30 AM <b>Tai Chi</b> (Cindy) Com. Rm. ●		9:30-10:15 AM <b>Cycle</b> (Rebecca) 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 ●	12:35-1:00 PM <b>Tabata Fitness</b> (Courtney) 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	10:30-11:05 AM <b>Bitty Ballet</b> Ages: 3-5 (Erin) Com. Rm. ●
2:30-5:00 PM <b>Drop-In Pickleball</b> (Allison) ½ Gym		12:00-12:45 PM <b>Yin Yoga</b> (Judi) Com. Rm. ●	<b>NEW!</b> 1:00-1:30 PM <b>Women on Weights</b> (Courtney) ½ Gym	4:15-5:00 PM <b>Hip Hop Dance</b> (Erin) Com. Rm. ●	1:00-2:00 PM <b>Tai Chi</b> (Barbra) Com. Rm. ●	11:05-11:50 AM <b>Ballet</b> Ages: 6-8 (Erin) Com. Rm. ●



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