



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP CLASSES - PORTLAND

Spring I Session: March 18th - May 18th

CLASS AVAILABLE IN ENGLISH AND FRENCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 AM <b>Y I Train</b> Osher Room (Mike)		6:00-7:00 AM <b>Y I Train</b> Osher Room (Mike)			
		6:15-7:30 AM <b>Yoga Flow</b> Studio A (Lisa)			6:15-7:30 AM <b>Yoga Flow</b> Studio A (Lisa)	
8:30-10:00 AM <b>Gentle Yoga</b> Studio A (Colleen)					7:40-8:30 AM <b>Qigong</b> Studio A (Lisa)	8:00-9:30 AM <b>Yoga Flow</b> Studio A (Lisa)
	9:00-10:00 AM <b>Aquacise</b> Malcolm Pool (John)		9:00-10:00 AM <b>Aquacise</b> Malcolm Pool (John)		9:00-10:00 AM <b>Aquacise</b> Malcolm Pool (John)	9:00-10:00 AM <b>Circuit Training</b> Osher Room (Theophile)
10:15-11:30 AM <b>Restorative Yoga and Meditation</b> Osher Room (Denise)	9:15-10:15 AM <b>Pilates</b> Studio A (Elizabeth)		9:15-10:15 AM <b>Pilates and Core Function</b> Studio A (Michelle)	9:15-10:15 AM <b>Vinyasa Flow</b> Studio A (Aleksandra)	9:15-10:15 AM <b>Pilates</b> Studio A (Aleksandra)	9:45-10:45 AM <b>Zumba</b> Studio A (Lindsey)
	9:30-10:15 AM <b>Circuit Training</b> Osher Room (Joshua)	11:00-12:00 PM <b>Forever Fit</b> Studio A (John)	9:30-10:15 AM <b>Circuit Training</b> Osher Room (Tricia)		9:30-10:15 AM <b>Circuit Training</b> Osher Room (Tricia)	
	10:15-11:45 AM <b>Pickleball, Cornhole, Shortcourt Tennis</b> Gym (John)	12:00-1:00 PM <b>Forever Fit</b> Studio A (John)	11:00-12:00 PM <b>Forever Fit</b> Studio A (John)		11:00-12:00 PM <b>Forever Fit</b> Studio A (John)	11:00-12:00 PM <b>Cardio Kickbox</b> Studio A (Theophile)
	12:00-1:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	12:00-1:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	12:00-1:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	12:00-1:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	12:00-1:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	
	12:00-1:00 PM <b>Pelvic Floor and Low Back Stability</b> Studio A (Michelle)	5:00-6:00 PM <b>Indoor Cycling</b> Cycling Studio (Diane)				
		5:45-7:00 PM <b>Power Flow Yoga</b> Studio A (Denise)	6:00-7:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	5:45-7:00 PM <b>Power Flow Yoga</b> Studio A (Sarrah)	5:30-6:30 PM <b>Diversity Dance</b> Studio A (Aubine)	
	6:00-7:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	6:00-7:00 PM <b>Liquid Toning</b> I-Pool (Mike K.)	6:30-7:15 PM <b>Hip Hop Dance</b> Studio A (Aubine)	6:00-7:00 PM <b>Liquid Toning</b> I-Pool (Mike K.)	6:00-7:00 PM <b>Circuit Training</b> Osher Room (Kathryn)	

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 - Portland Branch**  
Monday - Friday: 8:45am to 12:00pm  
Monday - Thursday: 4:00pm to 7:00pm  
Saturday 8:00am to 12:00pm

Please don't hesitate to contact us with your questions or feedback!

Revised 3/5/19

**Greater Portland Branch**  
**YMCA OF SOUTHERN MAINE**  
70 Forest Ave, Portland, ME 04101  
P 207 874 1111 ymcaofsouthernmaine.org