



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP CLASSES - PORTLAND

WINTER I SESSION: JANUARY 5 - MARCH 16

CLASS AVAILABLE IN ENGLISH AND FRENCH

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

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 1/4/19

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