



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A HEALTHIER, HAPPIER YOU.

PROMOTING A HEALTHY SPIRIT,
MIND, AND BODY FOR ALL.

WINTER | ADULT PROGRAMS: January 12 – March 14

Program Registration: Opens December 23.
Swim Lesson Registration: Opens December 30.

Latin Dance Lessons: Salsa & Bachata

Cost: \$60

Ages: 18+.

Mondays, 6:30–7:30pm

The perfect way to add heat to a cold evening! This 8-week session is geared toward beginners. You'll learn the basics of both dances and leave the session with the ability to use your new skills in a social setting! Although this is a partner dance, it's not required to sign up with a partner.

Adult Hip Hop: Choreography Class

Cost: \$60

Ages: 14+.

Tuesdays, 4:30–5:30pm

Mix up your fitness routine and join a dance troop – no experience necessary! You will learn how to do a short piece of choreography with your team! Taught by Chelsie Vega.

Trek Across Maine Indoors

Cost: \$120

Ages: 18+

Wednesdays, 4:30–6:00pm

It's never too early to train for the Trek! Over the course of the session, we will ride the entire new Trek Route – all 180 miles! If you're planning to ride the Trek or just want an extra-long cycling class, let's ride!



FOR ALL
Ask Us About Our
Financial Assistance
Program

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Adult Martial Arts

Cost: \$60

Ages: 15+

Saturdays, 9:05-10:00am

Take mental and physical strength to a new level with this blend of self-defense, interval training, and martial arts.



UPCOMING WORKSHOPS:

Intro. to Indoor Cycling

Cost: \$20

Tuesday January 14, 10:00-11:00am or

Thursday January 30, 10:00-11:00am

Indoor cycling is an excellent form of exercise because it's simple, accessible, and truly for all levels, but it can be intimidating to join a class when you've never done it before! This workshop is for anyone who has never taken an indoor cycling class and would like to try it! You'll learn how to set up your bike, the different positions on the bike, common cues you'll hear in a class, and how to make it an effective ride to meet your own goals.

FREE ONGOING ADULT PROGRAMS:

Cards & Coffee

Cost: \$0

Ages: 18 and up

Tuesdays, 10:00-12:00pm

Join us for a game of cards and a cup of coffee. Bridge players needed. Meets in the Thompson Wing.

Knitting Group

Cost: \$0

Ages: 18 and up

Tuesdays, 11:15-12:30pm

Do you love to knit? Join us for a weekly opportunity to gather, knit, and chat. Participants should bring their own project and supplies. Meets in the Thompson Wing.

Parkinson's Support Group

Cost: \$0

Ages: 18 and up

Wednesdays, 11:15-12:15pm

Know someone with Parkinson's Disease? Come join the weekly support group. Patients, family and caregivers are all welcome.

Writers Group

Cost: \$0

Ages: 18 and up

Fridays, 10:00-12:00pm

This is a group that aids people in writing their own story. Anyone who would like help with their story (memoirs, fiction, etc.) is welcome to join in. Meets in the conference room.