



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**CLASSES ARE COLOR CODED BY TYPE**

- MIND & BODY
- STRENGTH & CONDITIONING
- GENTLE EXERCISE
- YOGA
- CHOREOGRAPHED CARDIO
- SOCIAL EVENT

**IMPORTANT NOTES**

- IF YOU AREN'T FEELING WELL OR HAVE A TEMPERATURE OVER 100°F, PLEASE STAY HOME.
- REGISTRATION CLOSSES 90 MINUTES BEFORE CLASS START TIME.
- ARRIVE AT LEAST 15 MINUTES PRIOR TO CLASS START TIME. PRIME TIME NOT AVAILABLE.
- PLEASE BRING YOUR OWN FACE MASK, WATER BOTTLE, AND YOGA MAT.
- Wear a face covering & maintain 6' of social distancing throughout the check in process.
- Be prepared to answer a few health and safety questions.
- Be prepared to have your temperature checked by a touchless thermometer.
- Once cleared, you will be assigned a space in class. You may remove your face covering once class begins.

# OUTDOOR Class Schedule: September 14-20

**REGISTRATION IS REQUIRED.** Register online: <https://www.ymcaofsouthernmaine.org/main/online-registration>

	MONDAY, 9/14	TUESDAY, 9/15	WEDNESDAY, 9/16	THURSDAY, 9/17	FRIDAY, 9/18	SATURDAY, 9/19	SUNDAY, 9/20
6:00am		<b>KETTLE BELL WORKOUT</b> with Mike, 6:15-7:15am Greater Portland Branch 96 Forest Avenue, Portland					
6:30am	<b>BOOT CAMP</b> with Gary, 6:30-7:30am Greater Portland Branch 96 Forest Avenue, Portland		<b>BOOT CAMP</b> with Gary, 6:30-7:30am Greater Portland Branch 96 Forest Avenue, Portland				
7:00am			<b>CYCLE</b> with Rebecca, 7:00-7:45am Pineland Branch				
7:30am			<b>YOGA</b> with Josephine, 7:30-8:30am Greater Portland Branch 96 Forest Avenue, Portland		<b>TAI CHI</b> with Michael, 7:30-8:30am Northern York County Branch		
8:00am	<b>PILATES</b> with Michael, 8:00-9:00am Greater Portland Branch 96 Forest Avenue, Portland			<b>BOOT CAMP</b> with Gary, 8:00-9:00am Greater Portland Branch 96 Forest Avenue, Portland		<b>BOOT CAMP</b> with Gary, 8:00-9:00am Greater Portland Branch 96 Forest Avenue, Portland	
8:30am			<b>CARDIO &amp; STRENGTH INTERVAL</b> with Eileen, 8:30-9:30am Casco Bay Branch				
9:00am	<b>YIN YOGA</b> with David, 9:00-10:00am Northern York County Branch	<b>GROUP CYCLE</b> with Kristin, 8:45-9:35am Casco Bay Branch			<b>POWER BOOT CAMP</b> with Michael, 9:00-9:45am Northern York County Branch		
9:30am		<b>GROUP CYCLE</b> with Meg, 9:30-10:20am Casco Bay Branch	<b>BOOT CAMP</b> with Rebecca, 9:30-10:15am Pineland Branch			<b>GROUP CYCLE</b> with Meg, 9:30-10:20am Casco Bay Branch	
10:00am		<b>TAI CHI/QI GONG</b> with Karen, 10:00-11:00am Casco Bay Branch	<b>KRIPALU YOGA</b> with Molly, 9:45-11:00am Casco Bay Branch	<b>PUMP PILATES</b> with Lynn, 10:00-10:45am Northern York County Branch			
10:30am	<b>TAI CHI</b> with Barbara, 10:00-11:00am Pineland Branch			<b>TAI CHI</b> with Cindy, 10:00-11:00pm Pineland Branch			
11:00am							
11:30am							

Continue to page 2 for afternoon classes!

	MONDAY, 9/14	TUESDAY, 9/15	WEDNESDAY, 9/16	THURSDAY, 9/17	FRIDAY, 9/18	SATURDAY, 9/19	SUNDAY, 9/20
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm	<b>ZUMBA</b> with Chelsie, 4:45-5:45pm Casco Bay Branch			<b>BODYWEIGHT BOOT CAMP</b> with Elizabeth M., 4:45-5:30pm Pineland Branch			
5:30pm				<b>CARDIO KICKBOXING</b> with Paula, 5:30-6:15pm Northern York County Branch			
6:00pm							
6:30pm							
7:00pm							