



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAIVER

Participation in physical activity, such as group classes or personal training, comes with certain inherent risks, including the risk of medical events that could result in personal injury, death or disability. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs and that you can participate safely. Do not start this fitness program if your physician or health care provider advises against it. The YMCA of Southern Maine disclaims any liability for incidental or consequential damages associated with your participation in this fitness program and assumes no responsibility for loss, injury, or damage suffered by any person participating in this digital fitness program. In choosing to participate, you assume any and all risk associated with your participation and agree to indemnify and hold harmless The YMCA of Southern Maine, it's officers, directors, employees, volunteers, agents and representatives against any loss, liability, damage, cause of action, costs or expense of any nature whatsoever. By accepting invitation to participate in the YMCA of Southern Maine virtual class you are agreeing to the waiver as stated above.



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IMPORTANT NOTES

- CLASSES WILL BE LOCKED 5 MINUTES AFTER START TIME.
- If you are using a device other than a computer, you will need to download the Zoom app before clicking the class link.
- Question about a class? Email the contact provided in the class box.

CLASSES ARE COLOR CODED BY TYPE

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

ZOOM Wellness Class Schedule: September 14-20

	MONDAY, 9/14	TUESDAY, 9/15	WEDNESDAY, 9/16	THURSDAY, 9/17	FRIDAY, 9/18	SATURDAY, 9/19	SUNDAY, 9/20
6:00am							
6:30am			Y I TRAIN with Mike, 6-7am jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS				
7:00am	TOTAL BODY WITH WEIGHTS with Rebecca, 7-7:30am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	YOGA FLOW with Lisa, 6:45-7:45am jnorton@ymcaof-southernmaine.org CLICK HERE FOR CLASS	BODY WEIGHT BOOTCAMP with Elizabeth M., 6:15-7:30am knewell@ymcaof-southernmaine.org CLICK HERE FOR CLASS				
7:30am	UPPER BODY & CORE with Jocelyn, 7:30-800 am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		BAND STRENGTH with Jocelyn, 7:30-8am knewell@ymcaof-southernmaine.org CLICK HERE	YOGA FLOW with Lisa, 7-8am jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	TOTAL BODY WITH WEIGHTS with Rebecca, 7-7:30am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		
8:00am		STRETCHING & MOBILITY with Meg, 8-8:30am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		QIGONG with Michael, 7:45-8:45am nfogg@ymcaof-southernmaine.org CLICK HERE	STRETCHING & MOBILITY with Meg, 8-8:30am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		
8:30am	ZUMBA with Keri, 8:30-9:20am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	BETTER BALANCE with Meg, 8:30-9am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	PILATES with Carole, 8:30-9:15am knewell@ymcaof-southernmaine.org CLICK HERE	BETTER BALANCE with Meg, 8:30-9am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	PILATES with Carole, 8:30-9:30am knewell@ymcaof-southernmaine.org CLICK HERE	ZUMBA with Shari, 8:30-9:30am knewell@ymcaof-southernmaine.org CLICK HERE	YOGA FLOW with Lisa, 8-9am jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS
9:00am			GENTLE HATHA YOGA with Maureen, 9-10:15am knewell@ymcaof-southernmaine.org CLICK HERE		LOW KEY QIGONG / TAI CHI with Karen M., 9:05-10:00am knewell@ymcaof-southernmaine.org CLICK HERE		IYENGAR YOGA with Caron M., 9-10am knewell@ymcaof-southernmaine.org CLICK HERE
9:30am	BARRE ARMS with Chelsie, 9:30-10am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		CARDIO BARRE with Chelsie, 9:30-10am knewell@ymcaof-southernmaine.org CLICK HERE	ZUMBA GOLD TONING with Nikky, 9:35-10:05am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	LIL BIT OF CORE THEN STRETCH with Chelsie, 9:35-10:05am knewell@ymcaof-southernmaine.org CLICK HERE	ZUMBA with Keri, 9-9:50am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	ZUMBA GOLD with Shari/Nikky, 9:30-10:15am knewell@ymcaof-southernmaine.org CLICK HERE
10:00am		PILATES with Jean, 10-11am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	ZUMBA GOLD with Nikky, 10:15-11am knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS				
10:30am	POWER PILATES with Michael, 10:30-11:30am nfogg@ymcaof-southernmaine.org CLICK HERE	KRIPALU YOGA with Molly, 10:30-11:45am knewell@ymcaof-southernmaine.org CLICK HERE					
11:00am	BOOTCAMP with Gary, 11:15am-12pm jnorton@ymcaof-southernmaine.org CLICK HERE	CARDIO CORE BLAST with Lynn, 11-11:30am nfogg@ymcaofsouthernmaine.org CLICK HERE FOR CLASS			KRIPALU YOGA with Molly, 10:30-11:45am knewell@ymcaof-southernmaine.org CLICK HERE		
11:30am				CHAIR STRENGTH TRAINING with Barbra, 11:30am-12pm knewell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS			

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			ADAPTIVE MOVEMENT GROUP with Nikky, 12-12:45pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	ZUMBA GOLD CHAIR with Nikky, 12:00-12:30pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS			
12:30pm							
1:00pm	AGELESS STRENGTH with Michael, 1-2pm jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	MIDDAY MEDITATION with Maureen, 1-1:30pm nfogg@ymcaofsouthernmaine.org CLICK HERE	AGELESS STRENGTH with Michael, 1-2pm jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		AGELESS STRENGTH with Michael, 1-2pm jnorton@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm					YIN YOGA with Maureen, 4-5pm nfogg@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		
4:30pm		TOTAL BODY BARRE with Chelsie, 4:45-5:20pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	PILATES with Barbra, 4:30-5:15pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS				
5:00pm				ZUMBA with Chelsie, 5-5:30pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS			
5:30pm	CARDIO KICKBOXING with Paula, 5:30-6:15pm nfogg@ymcaofsouthernmaine.org CLICK HERE FOR CLASS	ZUMBA with Shari, 5:30-6:30pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS		BARRE ARMS with Chelsie, 5:30-6pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS			
6:00pm			PIYO with Tanya, 5:45-6:45pm knevell@ymcaofsouthernmaine.org CLICK HERE FOR CLASS				
6:30pm							
7:00pm							