



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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ZOOM Wellness Class Schedule: April 2025

NO Registration Required! • TO JOIN, click the "CLICK HERE FOR CLASS" text at the start time.

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

Sign up for
class text alerts
TEXT @virtualgex
to 81010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am							
6:30am							
7:00am	TOTAL BODY WITH WEIGHTS with Rebecca 7:00-7:45am CLICK HERE FOR CLASS		TOTAL BODY WITH WEIGHTS with Rebecca 7:00-7:45am CLICK HERE FOR CLASS		TOTAL BODY WITH WEIGHTS with Rebecca 7:00-7:45am CLICK HERE FOR CLASS	YOGA FLOW with Lisa 7:15-8:15am CLICK HERE FOR CLASS	
7:30am							
8:00am							
8:30am			PILATES FLOW with Carole 8:30-9:15am CLICK HERE		ZUMBA with Keri 8:30-9:25am CLICK HERE		
9:00am		GENTLE HATHA YOGA with Maureen 9:00-10:00am CLICK HERE				PILATES FLOW with Carole 8:45-9:30am CLICK HERE	
9:30am			LOW KEY QI GONG / TAI CHI with Karen M. 9:30-10:30am CLICK HERE FOR CLASS		LOW KEY QI GONG / TAI CHI with Karen M. 9:30-10:30am CLICK HERE FOR CLASS		
10:00am							
10:30am							
11:00am							
11:30am							

Continue to page 2 for afternoon classes!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm							
4:00pm					YIN YOGA with Maureen, 4:00-5:00pm		
4:30pm					CLICK HERE FOR CLASS		
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm							