



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

SUMMER 2011: AUGUST 4 – OCTOBER 8

Schedule begins Saturday August 13, and is subject to change.

Highlighted items are 7-week programs that require registration.

Key:

B = Beginner

I = Intermediate

A = Advanced

MPRA & B = Multipurpose rooms A & B

All indoor cycling classes are held in MPRB

Please Note:

If you are new to a class please introduce yourself to the instructor.

ALL classes MUST have 4 participants in order to be run.

If you have any medical conditions or concerns, please let your instructor know.

Children 12-14 are welcome to attend any class with a parent.

Children over 14 can participate in all group exercise classes.

Please wear appropriate shoes and comfortable clothing.

NO OUTSIDE SHOES allowed in aerobics studio!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:30-7:45 Yoga (Lois) B,I,A MPRA		6:15-7:30 Yoga (Lisa) B,I,A MPRA				
		8:35-9:30 Zumba Toning (Brandi) B,I		8:35-9:30 Power Flex (Janet) B,I	8:00-8:30 Zumba Toning (Brandi) B,I		
	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:45-9:45 Endurance Ride (Kelly) I,A	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:45-9:45 Endurance Ride (Kelly) I,A	8:35-9:30 Zumba (Brandi) B,I,A		
	8:45-10:00 Pedal & Kettle (Paige) I,A	8:45-9:45 Seated Tai Chi (Karen/ Cynthia) B MPRA			9:00-10:00 Low Key Tai Chi (Karen/ Cynthia) B MPRA		9:05-10:35 Yoga Flow (Lisa) B,I,A
	9:35-10:30 Integrated Strength (Susan) B,I,A	9:35-10:30 Bosu Interval (Paige) I,A	9:35-10:30 Power Flex (Paige) B,I,A	9:35-10:30 Bosu Interval (Paige) I,A	8:45-10:00 Pedal & Kettle (Paige) I,A		
		10:35-11:30 Pilates (Carole) B,I,A		10:35-11:30 Pilates (Carole) B,I,A	9:35-10:30 Integrated Strength (Susan) B,I,A		
			10:35-12:05 Level I Yoga (Cindy) I,A	10:30-11:15 Children's Yoga (Terry) MPRA	10:35-12:05 Level I Yoga (Cindy) I,A		

Casco Bay Branch
Cumberland County YMCA

14 Old South Freeport Rd Freeport Maine 04032
P 207-865-9600 www.cumberlandcountyyymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Schedule begins Saturday August 13, and is subject to change.

Highlighted items are 7-week programs that require registration.

Key:

B = Beginner

I = Intermediate

A = Advanced

MPRA & B = Multipurpose rooms A & B

All indoor cycling classes are held in MPRB

Please Note:

If you are new to a class please introduce yourself to the instructor.

ALL classes MUST have 4 participants in order to be run.

If you have any medical conditions or concerns, please let your instructor know.

Children 12-14 are welcome to attend any class with a parent.

Children over 14 can participate in all group exercise classes.

Please wear appropriate shoes and comfortable clothing.

NO OUTSIDE SHOES allowed in aerobics studio!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						2:00-2:45 Intro. to Dance (Tess) 3-4 yr. olds	
		4:00-4:20 Cycling Warmup for W.O.W. (Kelly) B		4:00-4:20 Cycling Warmup for W.O.W. (Kelly) B		3:00-3:45 Intro. to Dance (Tess) 5-6 yr. olds	
	4:35-5:30 Zumba (Kelly) B,I,A	4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I	4:35-5:30 Zumba (Kelly) B,I,A	4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I		4:00-4:45 Kids Tumbling (Tess) 3-4 yr. olds	
	5:30-6:45 Interval Training (Amy Badger) I,A *Begins 8/22	5:15-6:00 Zumba Toning (Brandi) B,I,A *Begins 8/16	5:30-6:45 Interval Training (Amy Badger) I,A *Begins 8/24	5:15-6:00 Zumba Toning (Brandi) B,I,A *Begins 8/18		5:00-5:45 Intro. to Dance (Tess) 7-9 yr. olds	
		6:05-7:00 Zumba (Brandi) B,I,A *Begins 8/16		6:05-7:00 Zumba (Brandi) B,I,A *Begins 8/18			
		6:00-7:15 Yoga (Nancy) MPRA B,I,A		5:30-6:20 Youth Martial Arts (Bill) MPRA			
				6:30-7:20 Adult Martial Arts (Bill) MPRA			