



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS

FALL 2011: OCTOBER 30 – DECEMBER 31

Schedule begins Sunday October 9, 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
	5:40-6:40 Endurance Ride (Elizabeth) B,I,A		5:40-6:40 Endurance Ride (Connie) B,I,A		5:40-6:40 Endurance Ride (Connie) B,I,A		
	6:30-7:45 Yoga (Lois) B,I,A		6:15-7:30 Yoga (Lisa) B,I,A MPRA		8:00-8:30 Zumba Toning (Brandi) B,I,A	7:45-8:45 Endurance Ride (Connie) B,I,A	
	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:35-9:30 Power Flex (Janet) B,I	8:35-9:30 Step & Sculpt (Janet) B,I,A	8:35-9:30 Power Flex (Janet) B,I	8:35-9:30 Zumba (Brandi) B,I,A	8:00-9:00 Zumba (Chelsea) B,I,A	
		8:45-9:45 Endurance Ride (Kelly) I,A	9:35-10:30 Zumba Toning (Brandi) B,I,A	8:45-9:45 Endurance Ride (Kelly) I,A			
	9:00-10:15 Pedal & Kettle (Paige) I,A	8:45-9:45 Seated Tai Chi (Karen) B MPRA	9:00-10:15 Pedal & Kettle (Paige) I,A		9:00-10:15 Pedal & Kettle (Paige) I,A		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 Functional Strength & Mobility (Burke) B,I MPRA	9:35-10:30 Bosu Interval (Paige) I,A	9:00-10:00 Low Key Tai Chi (Karen) B MPRA		9:30-10:15 Aqua Zumba (Kelly) Pool
		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



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	12:00-1:00 Endurance Ride (Paige) I,A		12:00-1:00 Endurance Ride (Paige) I,A		12:00-1:00 Endurance Ride (Paige) I,A		
	4:10-4:30 Intro to Zumba (Kelly) B	3:15-4:00 After School Cycle (Kelly) B,I,A		3:15-4:00 After School Cycle (Kelly) B,I,A		2:00-2:45 Intro. to Dance (Tess) 3-4 yr. olds	
	4:35-5:30 Zumba (Kelly) B,I,A	4:00-4:20 W.O.W Cycling Warm Up	4:35-5:30 Zumba (Kelly) B,I,A	4:00-4:20 W.O.W Cycling Warm Up		3:00-3:45 Intro. to Dance (Tess) 5-6 yr. olds	
		4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I		4:20-5:00 W.O.W. (Women On Weights) (Kelly) B,I			
	5:35-6:45 Interval Training (Amy) I,A	5:15-6:00 Zumba Toning (Brandi) B,I,A	5:35-6:45 Interval Training (Amy) I,A	5:15-6:00 Zumba Toning (Brandi) B,I,A		4:00-4:45 Kids Tumbling (Tess) 3-4 yr. olds	
		6:05-7:00 Zumba (Brandi) B,I,A		6:05-7:00 Zumba (Brandi) B,I,A		5:00-5:45 Intro. to Dance (Tess) 7-9 yr. olds	
		5:30-6:30 Endurance Ride (Courtney) B,I,A	5:30-6:30 Endurance Ride (Elizabeth) B,I,A	5:30-6:30 Endurance Ride (Courtney) B,I,A			
		5:00-6:00 Beginners Yoga (Nancy) MPRA B					
		6:15-7:30 Yoga (Nancy) MPRA B,I,A					