

CLC YMCA GROUP EXERCISE

207-563-3477
www.clcymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
5:45-6:45am Spinning/Steppin/Strong with Mary	5:45-6:45am Cy-Yo Spinning with Mary	5:45-6:45am Spinning/Steppin/Strong with Mary	5:45-6:45am Cy-Yo Spinning with Mary	5:45-6:45am Spinning/Steppin/Strong with Mary	Childwatch Monday, Wednesday & Friday 8:30-11am Monthly Fee Members \$20
	7:30-8am Spinning 101 with Cynthia		7:30-8am Spinning 101 with Cynthia		
8-9am Fit for Life with Sarah	8-9am Mat Pilates with Cynthia	8-9am Fit for Life with Sarah	8-9am Mat Pilates with Cynthia	8-9am Fit for Life with Sarah	
8:00-9:30 Speed Walking/Weights with Laurie		8:00-9:30 Speed Walking/Weights with Laurie		8:00-9:30 Speed Walking/Weights with Laurie	
9:15-10:30 Total Workout Intervals with Sarah		9:15-10:30 Total Workout Intervals with Sarah		9:15-10:30 Total Workout Intervals with Sarah	
AFTERNOON CLASSES					
12-1pm Straightup Strength with Laurie	12:30-1:30 Lunch Crunch Spinning with Holly	12-1pm Straightup Strength with Laurie	12:30-1:30 Lunch Crunch Spinning with Holly	12-1pm Straightup Strength with Laurie	

New Lunch Crunch Spinning begins Feb 2nd - Free Class Jan 28

EVENING CLASSES					
4-5pm Y Boot Camp		4-5pm Y Boot Camp		4-5pm Y Boot Camp	
5:30-6:30pm Indoor Cycling w/ Debi	5-6pm Core & More	5:30-6:30pm Indoor Cycling w/ Debi	5-6pm Core & More		

Group Exercise Fees

Unlimited Classes Monthly Fees Members \$40 Nonmembers \$65
2 Day a Week Class Monthly Fees Members \$35 Nonmembers \$50
Class Drop-in Fees Members \$6 Nonmembers \$10



Cardio Tennis Classes Members \$7 Nonmembers \$15

Spinning is Great Aerobic Exercise!

We have added new bikes to our spinning program. If you have not tried spinning you are missing out on a great aerobic workout. Come try a free class on Jan 28.