

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 Cycling with Mary	5:45-6:45am Spinning/Steppin/Strong with Mary	5:45-6:45am Cy-Yo Cycling with Mary	5:45-6:45am Spinning/Steppin/Strong with Mary	
7-8am Aerobic Express with Sarah	8-9am Mat Pilates with Cynthia	7-8am Aerobic Express with Sarah	8-9am Mat Pilates with Cynthia	7-8am Aerobic Express with Sarah	
8-9am Fit for Life with Sarah	8-9:15 Speed Walking/Weights with Laurie	8-9am Fit for Life with Sarah	8-9:15 Speed Walking/Weights with Laurie	8-9am Fit for Life with Sarah	8-8:45am Indoor Cycling with Mary
	10-11am "Y's Elite Seniors with Laurie		10-11am "Y's Elite Seniors with Laurie		10:30-11:30am Hula Hoop Fitness w/ Trina Specialty Class
AFTERNOON CLASSES					
12-1pm Lunch Crunch with Holly	12-1:15pm Straight up Strength with Laurie	12-1pm Lunch Crunch with Holly	12-1:15pm Straight up Strength with Laurie	12-1pm Lunch Crunch with Holly	
EVENING CLASSES					
Specialty Class 4:30-5:30pm Hula Hoop Fitness with Trina					
5:30-6:30pm Indoor Cycling with Heather	5-6pm Core & More with Robin	5:30-6:30pm Indoor Cycling with Heather	5-6pm Core & More with Robin	5:30-6:30pm Indoor Cycling with Heather	

Group Exercise Fees

Unlimited Classes Monthly Fees Members \$40 Nonmembers \$65
2 Day a Week Class Monthly Fees Members \$35 Nonmembers \$50
Specialty Class Monthly Fees Members \$28 Nonmembers \$40
Class Drop-in Fees Members \$6 Nonmembers \$10



Spinning is Great Aerobic Exercise!

525 Main Street, Damariscotta, ME 04543 (207) 563-3477

