




CLC YMCA JANUARY 2011 GROUP EXERCISE

207-563-3477

www.clcymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
5:30 - 6:45am Circuit Kettlebells with Mary	5:30 - 6:45am Cy-Yo Cycling with Liza	5:30 - 6:45am Circuit Kettlebells with Mary	5:30 - 6:45am Cy-Yo Cycling with Liza	5:30 - 6:45am Circuit Kettlebells with Mary	
8-9am Fit for Life with Sarah	8-9am Pilates with Heather	8-9am Fit for Life with Sarah	8-9am Pilates with Heather	8-9am Fit for Life with Sarah	8-8:45am Indoor Cycling with Mary
8-9:15am Speed Walking/Weights with Laurie	9-10:15am Speed Walking/Weights with Laurie	8-9:15am Speed Walking/Weights with Laurie	9-10:15am Speed Walking/Weights with Laurie	8-9:15am Speed Walking/Weights with Laurie	
9:15-10:30am Total Workout with Sarah	9:30-10:30 Cycling with Sarah	9:15-10:30am Total Workout with Sarah	9:30-10:30am Cycling with Sarah	9:15-10:30am Total Workout with Sarah	
	 New		 New		

EVENING CLASSES						
<div style="border: 2px solid black; padding: 10px; background-color: yellow;"> <p>Childwatch Hours <i>Let the kids have fun while you workout!</i> Monday, Wednesday & Friday 8-10:30 Tuesday & Thursday 9:30-10:30</p> </div>			3:15-4pm Strength and Cardio with Kettlebells with Mary			
	4-5pm Move your Body (Similar to Zumba) with Mary	4-5pm Yoga for Relaxation with Mary				
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			

Unlimited Classes Monthly Fees:
 Members \$40 Nonmembers \$65
 Drop in Fees Members \$6 Nonmembers \$10
 525 Main Street, Damariscotta, ME 04543

COME TRY YOUR FIRST CLASS ON US!
 WE KNOW HOW MUCH YOU WILL LOVE THE Y
 GROUP EXERCISE CLASSES AND TO PROVE IT
 THE FIRST ONE IS FREE!

CLC YMCA Group Exercise Classes

(the following classes are included in Group Exercise Monthly fees)

Circuit Kettlebells M/W/F 5:30-6:45am.

Meet the kettlebell, the ultimate toning tool—it blasts 300 calories in only 15 minutes! Swing your way slim with our expert tips and trimming moves. Instructor: Mary Snow

Fit for Life M/W/F 8-9am

Class combines low-impact cardio, gentle weight training, using bands, balls and even the spinning bikes. Class offers balance and relaxation for anyone seeking a gentle but thorough workout: older adults, pregnant women, and people with chronic stiffness or those just starting out with their fitness regimen. Instructor: Sarah Plummer

Speed Walking & Weights M/W/F 8-9:15am, T/Th 9-10:15am

Cardio, interval and weight training. Class Focus is on a total body work out. This class is for all levels of fitness, you can go at your own pace. Instructor: Laurie Bolster

Mat Pilates T/Th 8-9am.

low-impact, deep-reaching work-out for your "core" - your abdominals, pelvis, back, shoulders and buttocks. The secrets to working those deep layers of muscle and truly toning up are: proper alignment, centering, concentration, control, precision, breathing, and flowing movement. with Heather Bolint

Total Workout Intervals M/W/F 9:15-10:30am

This class kicks it up a notch with a high impact cardio using bands, balls, weights and spinning bikes! Instructor: Sarah Plummer

Strength and Cardio with Kettlebells! Th 3:15-4pm

Yoga for Relaxation ~ Th 4-5pm.

This is a great introduction to a gentle Yoga for mind, body and spirit. Instructor: Mary Snow

Move Your Body (similar to Zumba) ~ Tuesday 4-5pm.

Get your body moving and have fun in this dance fitness class! With Mary Snow

Core & More ~ T/Th 5-6pm.

Finish your day with a complete work out. Robin starts with low impact aerobics and then works you into a great weight lifting and stretching work out. She uses traditional weight training moves to Pilates. This a great class for variety. Instuctor: Robin Maginn

Have you tried a Cycling Class at the Y!

Why we our members love it: Cycling burns serious calories (about 450 in 45 minutes) and offers an awesome aerobic workout that makes your heart pump fast. It also tones your quadriceps (front thigh muscles) and outer thigh muscles like nobody's business! Although you follow the general instructions of the spinning teacher, you are in control when it comes to your pace. You can finish a spin class, regardless of your fitness level, simply by adjusting your pace or the tension knob on the bike.

Cy-Yo Cycling with Mary ~ T/Th 5:30-6:45am

Indoor Cycling with Heather ~ M/W/F 5:30-6:30pm

Indoor Cycling with Sarah ~ T/Th 9:30am-10:30am

Cycling with Mary ~ Saturday 8-8:45am

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

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