



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE SUMMER 2017

June 19 – September 9, 2017

Revised June 7, 2017!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 6:45 a.m. HIIT & Core <i>Petra</i>	6:00 – 7:00 a.m. Y-Cycling <i>Linda</i>	6:00 – 6:45 a.m. HIIT & Core <i>Petra</i>	6:00 – 7:00 a.m. Y-Cycling <i>Linda</i>		
7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>		7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>		7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	
9:00 – 10:00 a.m. Cardio Step <i>Tamera</i>	9:00 – 10:00 a.m. Interval Training <i>Susan</i>	9:00 – 10:00 a.m. Cardio Fusion <i>Tamera</i>	9:00 – 10:00 a.m. Pilates on the Mat <i>Jane</i>	9:00 – 10:00 a.m. Cardio Fusion <i>Sophie</i>	9:00 – 10:00 a.m. Pilates/Yoga Fusion <i>Conny</i>
10:15 – 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 – 11:15 a.m. Forever Fit <i>Tamera</i>	10:15 – 11:15 a.m. Dynamic Definition <i>Tamera</i>	10:15 – 11:15 a.m. Zumba <i>Tamera</i>		
11:30 – 12:00 p.m. Balance Fitness <i>Nina / Anne</i>	11:30 – 12:15 p.m. Starter Zumba <i>Sheri</i>			11:30 – 12:00 p.m. Balanced Fitness <i>Nina / Anne</i>	
2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera</i>		2:00 – 3:00 p.m. Lifetime Fitness <i>Tamera/Nina</i>	
	4:00 – 5:00 p.m. Hatha Yoga <i>Polly</i>		4:00 – 5:15 p.m. Yin Yoga <i>Dawn</i>	4:30 – 5:30 p.m. Zumba <i>Tamera / Sheri</i>	All classes are held in the Wellness Room unless otherwise noted
5:10 – 5:40 p.m. HIIT <i>Sophie</i>	5:10 – 6:10 p.m. Cardio Step <i>Tamera</i>	5:15 – 6:15 p.m. Cardio Fusion <i>Sophie</i>	5:30 – 6:30 p.m. Challenge <i>Glen</i>	S Note: S Specialty Classes Require Registration	Class Schedule is subject to change if minimum enrollment is not met
5:45 – 6:15 p.m. Core Training <i>Sophie</i>					

General Fitness Classes

Annual Members:

All Classes INCLUDED In your Annual Membership!

S = Specialty Classes require registration at the Front Desk

General Fitness Class participants must be 14 & older

3 Month & Non-Members Adult Pricing:

\$110 12 week session card, unlimited classes

\$84 12 Class card

\$10 Drop in fee— per 60 min class

\$6 Drop in fee –30/45min class

*12 week class card: Please take card with you to each class. Instructor will punch card when class starts.

**Unused or lost cards are non-refundable

Waldo County YMCA

157 Lincolnville Avenue, Belfast, Maine 04915
207.338.4598 · www.waldocountyyymca.org

The Waldo County YMCA is a 501 (c)(3) Charitable Organization.

TAMERA BLADES
FITNESS@WALDOCOUNTYYMCA.ORG



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENERAL FITNESS CLASSES

All General Fitness classes are held in the Wellness Room unless otherwise noted. Instructors and class times are subject to change, based on availability and number of participants. Pre-registration is not required for General Group Fitness Classes. All Non-Member fees must be paid before attending classes. **YOU CAN BECOME A CLASS PARTICIPANT AT ANY TIME!**

Balanced Fitness 30 min. *Anne Rothrock & Nina Milinazzo*

A comfortable atmosphere for having fun, while improving flexibility, muscle tone, coordination, balance, heart & lung capacity.

Cardio Fusion 60 min. *Tamera Blades & Sophie Pfander*

Workouts will incorporate step, hi/lo aerobics, kickboxing, intervals, ab work.

Cardio Step 60 min. *Tamera Blades*

A high-energy aerobic workout using a step platform, ab work & stretching.

Challenge 60 min. *Glen Veevaert*

A mix of aerobics, agility, strength/core. Options for all levels of intensity & impact.

Core Training 30 min. *Sophie Pfander*

Exercises for the abs, back, glutes & thighs.

Dynamic Definition 60 min. *Tamera Blades*

Work your entire body in full range resistance exercises that increase strength, muscle tone, & flexibility.

Forever Fit 60 min. *Tamera Blades*

Low-impact aerobics, core strengthening & stretching.

Good Morning Yoga 60 min. *Conny Hatch*

An all-levels class, beginners welcome!

Hatha Yoga 60 min. *Polly Ireland*

An all-levels class that stresses safe alignment and balances strength with flexibility.

HIIT 30 min. & 45 min. *Sophie Pfander & Petra Hartlova*

High Intensity Interval Training.

Interval Training 60 min. *Susan Wieman*

Raise your heart rate with a mixture of step aerobics, strength training, abdominal work and stretching.

Lifetime Fitness 60 min. *Tamera Blades & Nina Milinazzo*

Age 50 & better or beginners. Includes aerobics, muscle strengthening, and stretching. Improve flexibility, muscle tone, coordination, balance, heart & lung efficiency.

Pilates on the Mat 60 min. *Jane Veevaert*

Learn creative ways to isolate, strengthen and stretch every muscle of the body in a functional and effective way.

Pilates/Yoga Fusion 60 min. *Conny Hatch*

This class, using a stability ball, combines the core-strengthening and breath work of Pilates with focus on alignment & full-body awareness of yoga.

Starter Zumba 45 min. *Sheri McHenry*

A fitness program specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba and bring them to the Active Older Adult or the beginner participant. Easy, fun and effective form of dance fitness!

Yin Yoga 75 min. *Dawn Preston-Alden*

This practice is designed to help you sit longer, and more comfortably, in meditation by stretching connective tissue around the joints (mainly the knees, pelvis, sacrum, and spine). A passive practice, Yin Yoga involves variations of seated and supine poses typically held for 3 to 5 minutes, accessing deeper layers of fascia.

Zumba 60 min. *Tamera Blades & Sheri McHenry*

This workout includes dance steps from salsa, cha cha, samba, merengue, cumbia, with added hints of calypso, hip hop and belly dancing.

SPECIALTY FITNESS CLASSES

S = Specialty Classes require registration at our Front Desk

S Indoor Y-Cycling 60 min. *Linda Prichard*

Here's an opportunity for a twice-a-week cycle workout!

Day, Date, & Time:

Tuesdays & Thursdays
6:00 - 7:00 a.m.

Fee: \$4 per class Annual Members
\$8 per class 3-Month & Non-Members

**IF YOU THINK
YOU CAN
YOU'RE RIGHT**



TAMERA BLADES
FITNESS@WALDOCOUNTYYMCA.ORG

Waldo County YMCA

157 Lincolnville Avenue, Belfast, Maine 04915

207.338.4598 · www.waldocountyyymca.org

The Waldo County YMCA is a 501 (c)(3) Charitable Organization.