



SUMMER 2018 GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JUNE 18 - SEPTEMBER 8, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 - 7:00 a.m. Y-Cycling <i>Linda</i>	6:00 - 7:00 a.m. Circuit/Interval Training <i>Petra</i>	6:00 - 7:00 a.m. Y-Cycling <i>Serena</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>	
		8:15 - 8:45 a.m. Balanced Fitness <i>Anne</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>Connie</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>		10:15 - 11:15 a.m. County Heat LIVE <i>Cari-Anne</i> (Begins July 14)
11:30 - noon Balanced Fitness <i>Anne</i>	11:30 - 12:15 p.m. Zumba Basic <i>Sheri/Tamera</i>			11:30 - noon Balanced Fitness <i>Sophie</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/Sophie</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 (no classes in July)	
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 - 6:15 p.m. County Heat LIVE <i>Cari-Anne</i> (Begins July 12)	FACILITY HOURS	
5:45 - 6:15 p.m. Core Training <i>Sophie</i>	NOTE: Specialty Classes Require Registration.	All Classes are held in the Wellness Room unless otherwise noted.	Schedule is subject to change. Please refer to website or call our Front Desk for most updated information.	Monday - Thursday 5:00 a.m. - 9:00 p.m. Friday 5:00 a.m. - 6:00 p.m. Saturday 5:30 a.m. - 5:00 p.m. Sunday Noon - 5:00 p.m.	

S = Specialty Class; dates vary. Please see individual class description for specific pricing.

GENERAL FITNESS CLASSES FOR ADULTS

Session lasts 12 weeks - Unlimited participation
Must be ages 14 and up to participate

3-Month & Non-Member General Fitness Class Fees:

- \$110 12 week session
- \$ 84 12-Class Card (Instructor will punch card for each class;
not used & lost cards are non-refundable)
- \$ 10 Drop-in fee (per 60-minute class)
- \$ 6 Drop-in fee (per 30-minute class)

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.

ALL GENERAL FITNESS CLASSES ARE INCLUDED IN YOUR ANNUAL MEMBERSHIP!

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!**

TAMERA BLADES
fitness@waldocountyyymca.org

Balanced Fitness 30 min.

Anne Rothrock/Sophie Pfander

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 and ab work.

Cardio Step 60 min. Tamera Blades

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

Circuit/Interval Training 45 min. Petra Hartlova

A mix of strength & cardio at a moderate to high intensity.

Core Training 30 min. Sophie Pfander

Exercises for the abs, back, glutes & thighs.

Country Heat LIVE 45 min. Cari-Anne Higgins

This is truly a dance workout anyone can do because the moves are so simple to pick up. Add on moves to create a routine.

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.

HIIT 30 min. Sophie Pfander

High intensity interval training.

Interval Training 60 min. Susan Wieman

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

Lifetime Fitness 60 min. Tamera Blades/Sophie Pfander

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

Pilates on the Mat 60 min. Jane Veevaert

Learn creative ways to isolate, strengthen & 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 breathe work of Pilates with focus on alignment & full-body awareness of yoga.

Yin Yoga 75min. 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 levels of fascia.

Zumba Basic 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 beginner participant. Easy, fun and effective form of dance fitness!

Zumba 60 min. Tamera Blades/Sheri McHenry

This work out includes dance steps from salsa, cha cha, samba, merengue, cumbia with added hints calypso, hip-hop & belly dancing.

SPECIALTY FITNESS CLASSES

Instructors & class times are subject to change, based on availability & number of participants. You may register two weeks prior to the start of any program, (Y-Cycling is 1 week prior). Class fee must be paid before attending classes - no refunds - bring your receipt for payment from the Front Desk to enter the class.

Must be 15 or older to participate in Indoor Y-Cycling.

S Indoor Y-Cycling

Instructors & times vary see fitness schedule; can sign up 1 week in advance of class.

The Y-Cycling program will help make your fitness goals a reality. You will get a heart pounding, low impact workout, regardless of your fitness level.

Fee per class: \$4 per class/ Annual Members
or \$40 cycle-card is available
\$8 per class/ 3 month & Non-Member



Specialty Classes require registration at our Front Desk. Classes must be prepaid in order to register. No refunds.

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