



# WALDO COUNTY YMCA GROUP EXERCISE CLASSES

## June 17 - September 7, 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 a.m. Circuit/Interval <i>Petra</i>		6:00 – 7:00 a.m. 360 <i>Glen</i>		
7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	7:15 – 8:00 a.m. SAIL <i>Cathryn</i>		7:15 – 8:00 a.m. SAIL <i>Cathryn</i>	7:00 – 8:00 a.m. Good Morning Yoga <i>Conny</i>	
		8:15 – 8:45 a.m. Going Strong <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>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 a.m. – Noon Going Strong <i>Anne</i>	11:30 a.m. – 12:15 p.m. Zumba Basic <i>Sheri</i>		11:30 a.m. – 12:30 p.m. Beyond the Basics Line Dancing <i>Debbie</i>	11:30 a.m. – Noon Going Strong <i>Sophie</i>	
			1:15 – 2:00 Room closed for summer camp		
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>Sophie/Tamera</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>Sheri/Tamera</i>	
5:10 – 5:40 p.m. HIIT <i>Sophie</i>	5:10 – 6:10 p.m. Cardio Step <i>Tamera</i>		5:30 – 6:30 p.m. Dynamic Definition <i>Sophie</i>	<b>Shaded boxes are specialty classes requiring pre-registration and additional fee</b>	
5:45 – 6:15 p.m. Core Training <i>Sophie</i>					

### Helpful Information:

- General fitness classes are FREE to Annual Members.
- Specialty classes have an additional fee (see page 15).  
⇒ Class fee must be paid before attending classes, bring receipt of payment for class admittance.
- Participants may register two weeks prior to the start of any program except cycling (cycling returns in the fall).
- Instructors & class times are subject to change, based on availability and number of participants.
- Classes are held in our Wellness Room unless otherwise noted.  
Must be ages 14 & up to participate in a General Fitness Class.

### Pricing:

- General Fitness Classes are FREE to Annual Members.
- Specialty Classes require pre-registration and additional fee.
- **3-Month & Non-Member Pricing:**  
⇒ \$110 - 12 week session  
⇒ \$ 84 - 12-Class Card - Instructor will punch the card for each class. Cards are non-refundable.
- **Drop in Pricing:**  
⇒ \$10 - per 60 min. class  
⇒ \$ 8 - per 45 min. class  
⇒ \$ 6 - per 30 min. class

## GROUP EXERCISE CLASSES - General Fitness Classes are FREE to Annual Members

### **360** 60 min. *Glen Veevaert*

Strength, cardio, and core training in a non-choreographed format. All fitness levels welcome.

**Cardio Fusion** 60 min. *Tamera Blades & Sophie Pfander*  
Step, hi/lo aerobics, kickboxing, intervals and ab work.

### **Cardio Step** 60 min. *Tamera Blades*

A high-energy aerobic workout using a step platform, 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.

### **Dynamic Definition** 60 min.

*Tamera Blades & Sophie Pfander*

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.

### **Going Strong** 30 min. *Anne Rothrock/Sophie Pfander*

Formally known as Balanced Fitness. A total body workout combining elements of cardio, muscle conditioning, balance and flexibility.

### **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. or 45 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, abdominal work and stretching.

### **Lifetime Fitness** 60 min. *Tamera Blades/Sophie Pfander*

Age 50+ 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 & effective way.

### **Pilates/Yoga Fusion** 60 min. *Conny Hatch*

Using a stability ball we combine the core-strengthening and breath work of Pilates focusing on alignment & full-body awareness of yoga.

### **SAIL** 45 min. *Cathryn Harjung*

Blending balance, strength, and movement. Movement that matters for active daily living.

### **Yin Yoga** 75 min. *Dawn Preston*

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** 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.

### **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 the beginner participant. Easy, fun and effective form of dance fitness!

## SPECIALTY CLASSES - Additional Fee Required

### **Line Dancing**

Step by step line dances will be taught by Debbie Pennesi with precise and patient instructions. This is a form of dance for all abilities and ages and does not require a partner. You will learn popular line dances along with the classics, focusing mainly on country with some pop music thrown in for fun!

### **Beyond the Basics Line Dancing:**

4 week Session: July 11 – August 1

Thursday, 11:30 a.m. – 12:30 p.m.

\$15 Annual Members; \$25 3-Month & Non-Members

## Look for these classes to return in the Fall

- Basic Line Dancing
- Youth Petite Ballet
- Bellydance Workout
- Youth Junior Ballet
- Tai Chi
- Youth Move with Me
- Walk the Appalachian Trail Challenge
- Y - Cycling
- Y - Cycling Challenge: 500, 750 or 1,000 miles!

## Pancake Triple Stack Road Race

Sunday, September 15, 2019

**SAVE  
THE  
DATE!**

	Start Time:	Fee:	Register:
1 Mile Kids Run (children 10 & under)	8:30 a.m.	\$ 5	Front Desk
5K	9:30 a.m.	\$ 20	www.active.com
10K	9:30 a.m.	\$ 35	www.active.com

Race starts and ends at Belfast Area High School · 98 Waldo Avenue, Belfast, Maine

