

# OLD TOWN - ORONO YMCA HEALTHY LIVING



## APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPIN</b> 7:00 AM - 8:00 AM			<b>PICKLEBALL</b> 6:00 AM - 9:00 AM		
		<b>PILATES</b> 8:00 AM - 9:00 AM			
<b>PICKLEBALL</b> 9:00 AM - 12:00 PM	<b>PICKLEBALL</b> 9:00 AM - 12:00 PM	<b>PICKLEBALL</b> 9:00 AM - 12:00 PM	<b>PICKLEBALL</b> 9:00 AM - 12:00 PM	<b>PICKLEBALL</b> 9:00 AM - 12:00 PM	<b>RIP +</b> 8:45 AM - 10:00 AM 2 <sup>nd</sup> & 4 <sup>th</sup> Sat. of the month
	<b>SQUAT &amp; CONQUER</b> 9:00 AM - 10:00 AM	<b>CHAIR YOGA</b> 9:00 AM - 10:00 AM	<b>SilverSneakers® Classic</b> 9:00 AM - 10:00 AM		<b>KICKBOXING</b> 9:00 AM - 10:00 AM 1 <sup>st</sup> & 3 <sup>rd</sup> Sat. of the month
		<b>CHAIR YOGA</b> 10:00 AM - 11:00 AM			

<b>FIT &amp; FLEX</b> 5:15 PM - 6:15 PM	<b>PUNK ROPE FUSION</b> 5:00 PM - 5:30 PM	<b>TABATA</b> 5:00 PM - 6:00 PM	<b>FIT &amp; FLEX</b> 5:15 PM - 6:15 PM
<b>SPIN</b> 5:30 PM - 6:30 PM	<b>WARRIOR FITNESS</b> 5:30 PM - 6:30 PM	<b>SPIN</b> 5:30 PM - 6:30 PM	
		<b>Zumba®</b> 6:00 PM - 7:00 PM	

### LOCATION GUIDE

<b>SECOND FLOOR FITNESS STUDIO</b>
<b>ADVENTURE CENTER</b>
<b>HERB SARGENT FAMILY THERAPEUTIC POOL</b>
<b>PETERSON GYMNASIUM</b>
<b>CYR FAMILY FIELDHOUSE • UPPER TRACK</b>
<b>OUTSIDE! (MEET IN MAIN LOBBY)</b>

## PERSONAL TRAINING + PERSONALIZED FITNESS PROGRAMS

One-on-one training with a certified personal trainer will keep you connected and motivated, hold you accountable, and ultimately improve your chances of reaching your fitness goals. Our expert Personal Trainers will develop a personal training program specifically for you with your needs, experience, and health history in mind. Whether you want to lose weight, gain muscle mass, run a marathon, or simply improve your overall health and well-being, we have a trainer that's perfect for you!

Need help adding structure to your routine but feel confident working out on your own? Work one-on-one with a Trainer to discuss your fitness goals and develop a Personalized Fitness Program designed to fit your schedule, goals, and comfort level and then check in weekly to ensure you're on the right track!

### 1-ON-1 TRAINING

PACKAGES	MEMBERS	GUESTS
1 HOUR	\$40	\$50
5 HOURS	\$150	\$165
10 HOURS	\$225	\$300

### SMALL GROUP TRAINING

PACKAGES	MEMBERS	GUESTS
1 HOUR	\$25	\$40
5 HOURS	\$100	\$130
10 HOURS	\$175	\$275

### FITNESS PROGRAMS

PROGRAM	MEMBERS	GUESTS
4 WEEKS	\$60	\$65
6 WEEKS	\$70	\$75
8 WEEKS	\$120	\$125

# GROUP EXERCISE CLASS DESCRIPTIONS

## LOW INTENSITY CLASSES

### CHAIR YOGA

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase balance.

### PILATES

A safe and effective way to reduce pain, prevent injury, and feel stronger and more balanced. Pilates is a full-body workout that targets deep core muscles helping with stability, increased mobility, and coordination.

### SilverSneakers® Classic

Focuses on strengthening muscles and increasing range of movement for daily activities

## MODERATE INTENSITY CLASSES

### SQUAT + CONQUER

Build confidence from the ground up in this low-impact strength class focused on core stability, squats, and light dumbbell work. Improve your posture, balance, and mobility with modifications for every level

### ZUMBA®

Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats.

## MODERATE TO HIGH INTENSITY CLASSES

### PUNK ROPE FUSION

Join a certified jump rope instructor for this high energy jump class. Grow your jump skills and get a little jump-dancy to music with taps, shuffles, and combos. We mix jumping with intervals of core, calisthenics, and footwork practice. All skill levels welcome; ropes provided.

### SPIN

This dynamic class unites yoga and sport in a refreshing and unique journey. You'll build flexibility, balance, and mobility through yoga/pilates.

## HIGH INTENSITY CLASSES

### FIT & FLEX

Work your legs; tone your arms, back, and shoulders; and enjoy phenomenal core training while you destroy calories; develop coordination, agility, and speed; and feel empowered.

### RIP+

EVERYONE should lift weights to keep their bones healthy, enhance metabolism, and improve mental health. RIP+ is a full body barbell class that works all major muscle groups with the added benefits of mixed conditioning (agility, cardio, mobility, and balance) and core tracks to enhance your overall fitness,

### TABATA

This class uses Tabata and circuit-style workouts with high intensity, cardiovascular exercises mixed with total body strength training using dumbbells, med balls, stability balls, resistance tubing, kettlebells, plyo boxes, and bodyweight exercises.

### WARRIOR FITNESS

Find your inner warrior through strength, endurance, and stamina workouts that you can modify to any fitness level and ability. Focus on full body training that allows you to go farther than you thought possible.