



Fee Related Fitness Classes Winter 2012 (Effective Jan. 2nd, 2012)

AUGUSTA CAMPUS						
	MON.	TUES.	WED.	THURS.	FRI.	SAT.
6:15-7:00 am						
7:30-9:00 am						Endurance Cycle -Cycle Class
8:00-8:45 am	Int./Adv. Pilates (Studio)	Strength to Survive 9-10am		Strength to Survive 9-10am		
12:15-1:00 pm	Cycle and Core -Cycle Class	Hardcore Cycle -Cycle Class	Cycle and Core -Cycle Class	Hardcore Cycle -Cycle Class		
5:00-6:30 pm						
6:30-7:45 pm	2012 Indoor Trek Across Maine 6-7PM	Cycle and Core 6:30-7:30 pm	2012 Indoor Trek Across Maine 6-7PM	Cycle and Core 6:30-7:30 pm		

***All Cycle Classes are Located in the back half of the Multi-Purpose Room**

Drop-In Option: Single class drop-in rates for fee-related Y fitness classes (except Cycle classes).
\$10.00 a person

Int/Adv Pilates: Strengthen your core and improve your flexibility while advancing your Pilates Skills
Cycle and Core (Mon + Wed)- Entry Level Cycle Class. Learn the ropes of indoor spinning and the advantages it plays in everyday life. Finish each class with a structured core workout

Hardcore Cycle (Tues + Thurs)- Burn max calories at lunch with this boot-camp style cycle class. Challenge extreme spinning as you work your way into shape. *This class is recommended for advanced and experienced riders

Endurance Cycle (Saturdays)- Build your cardio abilities in this long morning ride. This ride will challenge you to climb hills and really put on the miles as you peddle an hour and a half to kick off your weekend!

Strength to Survive (Tuesdays)- This 12-week small group exercise program is designed for adult cancer survivors looking to restore strength, increase muscle mass, increase flexibility and endurance, reduce severity of cancer side effects, and improve energy levels and self-esteem

2012 Indoor Trek Across Maine: (Mon + Wed) This 12 week program will follow the actual mileage, terrain and routes from the Trek Across Maine. Take the challenge!