



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Exercise Your Heart in More Ways than One! Saturday, February 11th | 9am - 12pm

We're celebrating everything we love about our community – including you! Bring your friends and family to any of our branches for **FREE** on February 11th from 9am-12pm and enjoy a sampling of group exercise classes, plus access to the wellness center and bowling alley. Team members from wellness, aquatics, youth programs, and more will be on hand to answer your questions. Special guests from Empower Chiropractic and Acupuncture and Graceful Awakening Massage will also be joining us. Primetime "While you are here childcare" for guests with children will be available.

Full schedule of events for all branches is online at ymcaofsouthernmaine.org

BRANCH SCHEDULE

8:30-9:15am Yin Yang Yoga Flow with Judy
8:30-9:30am High Intensity Training with Tracy
9:30-10:15am Y Cycling with Rebecca
10:20-10:50am Tai Chi with Barbara
11:00-11:30am Pedal and Kettle Demo with Rebecca
11:30-12:00pm Pilates Props with Jean
Open Swim 11:30-2:30pm
Open Gym 11:30-6:00
Bowling by reservation 9:00-6:00pm

We will be collecting donated kids clothing at this event for our clothing swap to be held on
Healthy Kids Day, April 29, 2017

PINELAND

25 Campus Dr Ste 100
New Gloucester, ME 04260

CASCO BAY

14 Old S Freeport Rd
Freeport, ME 04032

NORTHERN YORK COUNTY

3 Pomerleau Street
Biddeford, ME 04005

PORTLAND

70 Forest Ave
Portland, ME 04101