

Mount Desert Island YMCA Fitness Class Schedule December 23– January 3

mdiymca.org/fitness | (207) 288-3511

Our gymnasium will be closed for improvements from
December 21–January 6th.

The Y will be closed 12/24, 12/31 at noon and all day 12/25, 1/1

1st Week of Gym Closure 12/23–12/27

Class	Day(s)	Time	Instructor	Location
Group Cycle	(T) 12/24	7:30–8:30am	Kevin	MP Room
Group Power	(M/F) 12/23,12/27	7:30–8:30am	On-Demand Video	MP Room
Arms & Abs	(Th) 12/26	8:15–8:45am	Maegan	MP Room
EnhanceFitness	(M/F) 12/23,12/27	9:30–10:30am	Ross/Maegan	MP Room
Better Balance	(T) 12/24	10:15–10:45am	Ross	MP Room
Butts & Guts	(M) 12/23	12:15–12:45pm	Olivia	MP Room

2nd Week of Gym Closure 12/30–1/3

Class	Day(s)	Time	Instructor	Location
Group Cycle	(T/Th) 12/31, 1/2	7:30–8:30am	Kevin	MP Room
Group Power	(M/F) 12/30,1,3	7:30–8:30am	On-Demand Video	MP Room
Arms & Abs	(Th) 1/2	8:15–8:45am	Maegan	MP Room
EnhanceFitness	(M/F) 12/30, 1/3	9:30–10:30am	Maegan	MP Room
Better Balance	(T) 12/31	10:15–10:45am	Olivia	MP Room
Butts & Guts	(M) 12/30	12:15–12:45pm	Olivia	MP Room