



Mount Desert Island YMCA Winter Break Fitness Schedule

December 22nd – January 4th | mdiymca.org/fitness | (207) 288-3511

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30–8:15am	Group Power* Gym Court #1 On-Demand Video	Group Cycle MP Room Kevin	Group Power* Gym Court #1 On-Demand Video	HOLIDAYS Christmas Eve and New Year’s Eve	Group Power* Gym Court #1 On-Demand Video
8:15–8:45am	Arms & Abs MP Room Maegan		Arms & Abs MP Room Maegan		
8:30–9:30am		Hatha Yoga MP Room Camille			
8:45–9:15am	Step Aerobics MP Room Maegan		Step Aerobics MP Room Maegan		
9:30–10:30am	EnhanceFitness Gym Maegan	Chair Yoga MP Room Camille	EnhanceFitness Gym Maegan		EnhanceFitness Gym Emily/Video
10:30–11:15am		Better Balance MP Room Camille	Group Cycle 10:00–11:00am Claire		
10:45–11:45am	Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa		Aqua Aerobics & Strength Training Pool Lisa
11:00am–12:00pm		Shallow Water Aerobics Pool Yelena			
11:15am–12:15pm		Tai Chi MP Room Camille	CLOSED AT NOON		
5:30–6:30pm	H.I.I.T. Fit MP Room				

 **HAPPY** 
 **HOLIDAYS** 

Personal Training Rates

1hr \$56/mem | \$84 non-mem

5hr \$265/mem | \$405 non-mem

10hr \$500/mem | \$780 non-mem

Buddy Training Rates

(2 people, one time slot)

1hr \$37/pp/mem | \$55/pp/non-mem

5hr \$175/pp/mem | \$265/pp/non-mem

10hr \$330/pp/mem | \$510/pp/non-mem

Fitness Class Descriptions

Arms & Abs – A standing and mat-based core and upper body toning class. With a compact 30-minute format, we will use dumbbells, mats, and body weight for an overall strengthening and toning workout to get your day started right.

Better Balance – Improve balance, no matter current skill level or age. Fall incidence rates pose a serious health problem for older adults. Falls can be prevented with exercises, stretches, and balance training.

EnhanceFitness® – a group exercise and falls prevention program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. Get to know each other while keeping fit, able, and healthy!

Group Cycle – High-intensity, interval training utilizing fixed-gear, indoor bikes simulating climbs, flats, and sprints set to energizing, fun music. 10 spots available. You are invited to wear your SPD-compatible cycling shoes. If new, arrive 5 min. early for bike set-up.

Group Power® – a virtual one-hour, cutting-edge strength training workout designed to get your muscles and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP®, heart-pounding music, and expert coaching. **GET MUSCLE & MOVEMENT STRONG!**

Hatha Yoga – includes breath control, simple meditation, and the adoption of specific bodily postures.

H.I.I.T. Fit – A high-energy, full-body cardio, strength, and functional fitness workout utilizing the principles of High-Intensity Interval Training (H.I.I.T.) in four rounds of four challenges, three rounds of functional exercises, and two rounds of strength training, followed by an ab workout.

Step Aerobics– a low-impact cardio workout that is as easy as marching! With fun music and repetitive and building step combos, this workout is a great complement to hiking.

Tai Chi – A Chinese exercise practice that combines gentle movements, breathing, and a meditative state of mind.

Water/Aqua Aerobics – Enjoy a low-impact workout in a group setting using the buoyancy of water to assist or resist your exercises for both cardio and strength training. The warm pool helps joint flexibility as well.