



# Adult Fitness

## Dance Aerobics

*Instructor: Karan Miller*

This is the original Aerobic Dancing of 2012 Presidential Lifetime Achievement Award-winning Jacki Sorensen. A full-body 1 hour program with choreography in every element: flexibility, abdominal work, body sculpting with optional light handheld weights, aerobic dances, and cool-down. Led as a dance class, it is progressive in the introduction of combinations and formations. You will be encouraged to work at a personal level: it is truly a class for a lifetime of fitness FUN! Set to the music of current hits and all-time classics.

You will need good sneakers, comfortable workout clothing, a thick towel or mat for abdominal work. Weights are optional - up to 6 pounds in each hand. You will be encouraged to start low on the weights or not use them. Instructor carries a few light weights with her. Because of the progressive nature of the class, it is recommended that the student comes 2 days, if new to the program. *Karan is a certified Jacki Sorensen instructor since 1984 and has a Fitness Instructor Certificate from USM.*

**Dates & Times:** Tuesday/Thursday, January 3 - March 23, 5:00–6:00 pm

**Location:** West Cumberland Hall

**Pick One Day:** \$72 Res / \$82 Non-Res / \$62 Senior

**Both Days:** \$108 Res / \$118 Non-Res / \$98 Senior

## Morning Tai Chi

*Instructor: Louise Poppema*

Come and experience the joy of Tai Chi in a setting designed for the “over 55” crowd. You will relieve stress, increase flexibility and improve balance, all without exerting any effort or working up a sweat. Please wear comfortable clothing. No previous Tai Chi experience required and class can be done sitting in a chair if balance is a concern. **All ages are welcome.**

**Dates & Times:** Wednesdays, March 1 - April 5, 10:00–11:00 am

**Location:** Prince Memorial Library

**Fee:** \$60 Res / \$70 Non-Res

## Cardio Fusion

*Instructor: Julie Waterman ACE certified*

### **Mondays - Tabata, Strength, Stretch**

TABATA inspired workout combined with strength - stretching. This workout will be a one hour high intensity cardio/strength workout using the interval training system. Burn fat and gain endurance all in one. The high intensity workout is about 40 minutes in duration and allows time for a longer warm up and longer cool down using stretching techniques to sculpt and lengthen your body for a stress releasing finish. *Please bring a mat and hand weights to class.*

### **Wednesdays - Cardio Body Sculpting**

A good warm up to get the joints ready; 1/2 hour of cardio moves and 1/2 hour of muscle toning using hand weights to improve balance and sculpt the muscles. We will use Zumba inspired dances, kick boxing and cardio moves to get our heart rate up. FUSION will keep your muscles challenged, burn fat, and challenge your mind, increase flexibility and balance. This class is for adults and the young at heart. Moves can be modified to suit different fitness levels. *Please bring hand weights and mat to both classes.*

**Dates & Times:** Monday/Wednesday, January 4 - April 19 (No class January 16, March 15 or 20), 9:00–10:00 am

**Location:** NYMS

**Fees:** One Day - \$93 Res / \$103 Non-Res / \$83 Senior  
Both Days - \$165 Res / \$175 Non-Res / \$155 Senior

## Pilates for Pelvic Floor Health

*Instructor: Michelle George*

Pilates exercises have been found to be a key component in the treatment of Pelvic floor disorders. Join Michelle to learn how to gain more control while feeling more power in your body without adding bulk. Experience the joy of developing better posture, a stronger core, and a more confident you through the wonder of Pilates movement. **A thick yoga mat is required.**

**Dates & Times:** Wednesdays, January 11 - April 5 (no class February 22), 6:30–7:30 pm

**Location:** WCCH

**Fee:** \$120 Res / \$130 Non-Res

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## 360 Circuit Training

*Instructor: Jenn Wilson*

If you're looking for a fitness program that is challenging and cutting edge this popular program is for you. High Intensity Interval Training (HIIT) is the secret to losing body fat, weight and increasing strength and energy. The combination of cardio and strength training in a high-intensity, limited rest design can deliver numerous health benefits in much less time than traditional programs.

The class format is varied in order to avoid plateaus and will include exercises such as squats, push ups, lunges, mountain climbers and running drills. Equipment such as kettlebells, medicine balls, weights and agility ladders will be used. Exercises can be modified for safety and gradual conditioning to this type of exercise. Each participant works at their own pace and individual fitness level while experiencing the motivation and support of the group and instructor.

*Whether you are looking to get fit or take your workout to the next level, this high energy circuit program is for you. Join Personal Trainer/Group Exercise Instructor, Jenn Wilson and rev up your fitness level with this fun, motivating workout.*

### Choose one of the following options:

**Tuesday Evenings:** January 3 - April 11  
(No class February 21) at MIW Gym 6:00–7:00 pm

**Thursday Evenings:** January 5 - April 13  
(No class February 23) at MIW Gym 6:00–7:00 pm

**Tuesday Mornings:** January 3 - April 11  
(No class February 21) at NYMS 9:00–10:00 am

**Thursdays Mornings:** January 5 - April 13  
(No class February 23) at NYMS 9:00–10:00 am

**Fee:** \$85 Res / \$95 Non-Res per session

**Bundle any two sessions:** \$155 Res / \$165 Non- Res

## PiYo™ LIVE

*Instructor: Jenn Wilson*

PiYo™ LIVE - Sweat & burn calories with fusion-style movements inspired by Yoga and Pilates. This class is a music-driven, athletic workout that incorporates flexibility, strength training, conditioning, and dynamic movement. For more information or questions regarding this offering please contact Jenn Wilson at: [jenn.wilson.fitness@gmail.com](mailto:jenn.wilson.fitness@gmail.com)

**Dates & Times:** Fridays, January 6 - April 14,  
(No class February 24), 8:30–9:30 am

**Location:** NYMS

**Fees:** \$85 Res / \$95 Non-Res

## Kripalu Yoga for Teens and Adults

*Instructor: Elizabeth Burd*

Each class will begin with a brief centering, warm ups, and pranayama (breath work) followed by a series of guided postures. The focus will be on alignment, body awareness and coordinating breath with movement. Class will end with a brief relaxation and meditation. Modifications will always be given to ensure a safe and rewarding class for everyone! *Note: Some prior Yoga experience is required. Please wear comfy clothing and bring a water bottle, yoga blocks, strap, small pillow & yoga mat.*

### Session 1:

**Tuesdays** at PML, January 3 - February 28,  
(No class February 21), 4:30–5:45 pm

**Thursdays** at West Cumberland Hall, January 5 - March 2,  
(No class February 23), 6:30–7:45 pm

**Fees:** \$72 Res / \$82 Non-Res / \$67 Senior

### Session 2:

**Tuesdays** at PML, March 7 - May 2,  
(No class April 18), 4:30–5:45 pm

**Thursdays** at West Cumberland Hall, March 9 - May 11,  
(No class April 20), 6:30–7:45 pm

**Fees:** \$81 Res / \$91 Non-Res / \$76 Senior

## Personal Training

*Instructor: Jenn Wilson*

Personal Training Sessions are designed to provide clients with an individualized program based on their specific needs and can be catered to any fitness level. Working one on one with a trainer who is focused on your individual needs will help you achieve your goals. Packages are available to purchase in sessions of 3, 6 or 12. Sessions will be planned directly with the trainer for a time that is convenient for both parties. Several locations are available in Cumberland and North Yarmouth for training sessions.

Program Policies: All sessions are 60 minutes in length. Personal Training sessions are non-refundable and expire six months from the date of purchase. Cancellations must be at least 4 hours in advance of the scheduled training session. The trainer will wait 15 minute at the designated location. Failure to contact your trainer will result in forfeiture of a session. Sessions that begin late will end one hour from the original start time. **FMI Please contact Jenn at: [jenn.wilson.fitness@gmail.com](mailto:jenn.wilson.fitness@gmail.com).**

**Dates & Times:** Times and location will vary, book by appointment

**3 Sessions:** \$150 Res / \$160 Non-Res

**6 Sessions:** \$275 Res / \$285 Non-Res

**12 Sessions:** \$550 Res / \$560 Non-Res



# Adult Fitness & Aquatics

## Aquatic Fitness

*Instructor: Kathy Taylor*

Exercise in the water! Each class includes a warm-up, aerobic upper body, mid and lower body workout and ends with a cool-down. This workout for swimmers and non-swimmers is designed for all fitness levels and paces. Water exercise is a wonderful low-impact alternative to traditional land exercise programs - ideal for people with arthritis and those recovering from injuries as well as anyone looking for a great workout. Post-operative participants must have written permission from a physician. You must be at least 18 years old to register for this class.

**Dates & Times:** Tuesdays & Thursdays

**Session 1:** January 3 - February 14, 5:30–6:30 pm

**Session 2:** February 16 - March 30, 6:00–7:00 pm

*Please Note: Each session has extra days, in case of pool closures.*

**Locations:** GHS Pool

**Fee:** \$48 Res / \$58 Non-Res / \$40 Seniors

## Lap Swimming

Swimming is a great aerobic exercise which conditions the heart and lungs as well as helping control body weight. It can also give you more energy, increase resistance to fatigue, relieve tension, tone muscles and help you to relax and sleep. You must be 18 years old and be able to swim one length of the pool at your own pace without stopping.

*This is not a learn-to-swim program.*

**Dates & Times:**

**Morning Lap Swim:** Monday/Wednesday/Friday,  
January 4 - June 16 (pool closed January 16 &  
February 20), 5:30–7:00 am

**Evening Lap Swim:** Monday/Wednesday,  
March 1 - June 16, 6:00–7:30 am

**Location:** GHS Pool

**Fee:** Punch Card (See punch card info for pricing)

## Masters Swim Program

*Coach: Larissa Herold*

The Masters program provides early-morning swim workouts for competitors, as well as triathletes and general fitness swimmers. Our coach, Larissa Herold, will help swimmers meet their individual needs and goals. **Participants should be able to swim at least 100 lengths of the pool in an hour.** Individual workouts will be provided. You must be at least 18 years old to participate in this adult program. *Please note: Each session has extra days, in case of closures.*

**Dates/Times:**

Tuesdays/Thursdays, January 3 - April 13,  
5:30–7:00 am

Saturdays, January 7 - April 15, 6:30–7:30 am

**Locations:** GHS Pool

**Fee:** \$149 Res / \$159 Non-Res

## PUNCH CARD LAP SWIM

Punch cards for Lap Swim are valid for six months from date of purchase. They are available at the Cumberland Town Hall in the Community Recreation office. Expired cards may not be used.

**10 Lap Swim Punch Card:**  
**\$35 Res / \$45 Non Res**

**25 Lap Swim Punch Card:**  
**\$75 Res / \$85 Non Res**