

Schedule of Weekly Classes at all Tri City Fitness Challenge Facilities

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 am		Cross Training (NE Med Fitness)		Cross Training (NE Med Fitness)		
8 am						Cross Training (NE Med Fitness)
8:30 am	Water fitness class* (see below)		Water fitness class* (see below)			Super Saturday (Maine Pines)
9:15 am					Half & Half (Maine Pines)	
12 noon	Cardio Intervals (YMCA)		Cardio Intervals (YMCA)		Cardio Intervals (YMCA)	
4 pm		Ultimate Cross- Training (YMCA)		Cardio Kickboxing (YMCA)		
5 pm	Fusion RemiXX (Maine Pines)	Step Ahead (YMCA)	Fusion RemiXX (Maine Pines)	Ultimate Cross- Training (YMCA)		
5:30 pm			Cross Training (NE Med Fitness)			
6:40 pm	Cross Training (NE Med Fitness)					
7 pm			Zumba (Maine Pines)			

*One water fitness class at the Y is open to Challenge participants, however you must sign up and regularly attend this class (not a “drop-in” class like the others above).

Water Aerobics Mix (Mon/Wed 8:45-9:30 am) Space is limited so sign up now!

Kick-off Event
Jan 7th, 1-3pm @
Mid-coast Hospital Café

Final Weigh-in/Party!
March 31st

All-Team Workouts

Jan 21st, 8:30 am
@ Maine Pines

Feb 18th, 10 am
@ YMCA

March 31st, 10 am
@ YMCA

For More Information

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Tri-City
Fitness
Challenge
2012

*“Make 2012 the year to
achieve your fitness goals
for life” -Ida*