

Wellness Class Schedule

Effective October 17th, 2022 *SCHEDULE SUBJECT TO CHANGE



	MON	TUES	WED	THURS	FRI	SAT	SUN
5AM	5:00-6:00am Early Bird Spin	5:00-6:15am Bootcamp	5:00-6:00am Early Bird Spin	5:00-6:15am Bootcamp			
6AM							
7AM							
8AM	8:15-9:00am Total Body	8:00-9:00am Posture & Tone	8:15-9:00am Total Body	8:00-9:00am Posture & Tone	8:15-9:00am Total Body		
9AM		9:00-10:00am HIIT It-Low Impact		9:00-10:00am HIIT It-Low Impact	9:15-10:15am HIIT It-Low Impact	9:00-10:00am Pilates	
10AM	10:00-11:00am Enhance Fitness	10:00-11:00am Chair Yoga	10:00-11:00am Enhance Fitness	10:00-11:00am Chair Yoga	10:00-11:00am Enhance Fitness		10:00-11:00am Vin Yin Yoga
11AM							
12AM							
1PM							
2PM							
3PM							
4PM							
5PM	5:00-6:00pm Slow Flow Vin Yoga	6:00-7:00pm Evening Spin		5:00-6:00pm Slow Flow Vin Yoga			
6PM	6:15-7:15pm Pilates	6:00-7:00pm Back to Basics	6:15-7:15pm Pilates	6:00-7:00pm Back to Basics			

Wellness Facilities

Power House: Located on the first floor, you can expect an energizing and motivating atmosphere! All fitness levels are welcome, learn a new lifting technique or just come on in to lift some weight. All of our heavier free weights and barbells located here.

Gronk Zone: Try our functional fitness area located on the first floor. Enjoy a wide range of functional equipment used to accompany an individualized personal training session, group fitness classes, kid fit, and more.

Adult Fitness Area: Upstairs next to the track is a wide range of fitness equipment. Including cardio machines, cable machines, free weights, and more. Ask a wellness representative or staff for a free orientation of the equipment.

Group Fitness Room: Next to the fitness area is a group fitness room which hosts classes such as yoga, HIIT, energizing SPIN and more. Come participate in a class while enjoying the view of Messalonskee Stream.

Track: Come try out our indoor track located above the three basketball courts.

For questions, please contact our Wellness Direct, Jared Gartley, at jgartley@clubaycc.org or call 207-873-0684. For more information, please visit <https://www.clubaycc.org/classes-programs>

Wellness Rates

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Stay up to date: Follow us facebook.com/clubaycc or



Classes are **FREE** with memberships

GUESTS RATES

Adults \$8.00/Class
Seniors \$5.00/Class

Wellness Rules

- Closed toed shoes required
- 13-14 with staff or parent allowed in Adult Fitness Room and Powerhouse
- 6-12 with staff or parent allowed in Gronk Zone
- 15 up allowed in entire facility after orientation
- HAVE FUN!

Personal Training and Health Coaching Rates

Personal Training: 60 Minute Sessions

Members:

\$45/hour session
\$200/5 session package
\$375/10 session package
\$750/20 session package
\$1,500/40 session package

Community Members:

\$65/hour session
\$250/5 session package
\$425/10 session package
\$800/20 session package
\$1,550/40 session package

Personal Training: 30 Minute Sessions

Members:

\$30/30 min session
\$125/5 session package
\$240/10 session package
\$480/20 session package

Community Members:

\$50/30 min session
\$175/5 session package
\$290/10 session package
\$530/20 session package

Small Group Training: 60 Minute Sessions (2-4 people)

Members:

\$25/hour/person
\$115/5 session package/person

Community Members:

\$45/hour/person
\$135/5 session package/person

HEALTH COACHING WITH HEATHER KATZ

Additional Fees Apply:

Non-Members:

\$65/ hour session
\$300/ 5 session package

Members:

\$45 /hour session
\$200/ 5 session package

For any questions or if you would like to schedule Personal Training or Health Coaching, please email our Wellness Director, Jared Gartley, at jgartley@clubaycc.org or call at 207-8730684