

Personal Training

60 Minute Sessions

<u>Package</u>	<u>Member Rate</u>	<u>Guest Rate</u>
One	\$45.00	\$65.00
Five	\$200.00	\$250.00
Ten	\$375.00	\$425.00
Twenty	\$750.00	\$800.00

Small Group Training

60 Minute Sessions 2-4 people

<u>Package</u>	<u>Member Rate</u>	<u>Guest Rate</u>
One	\$25.00/person	\$45.00/person
Five	\$115.00/person	\$135.00/person

Learn more or book your Personal Training Session today by calling 207-873-0684 or emailing wellness@clubaycc.org

www.clubaycc.org



- Closed toed shoes are required
- Adult Fitness Center, Gronk Zone & Olympic Zone users must be ages 13+
- Children ages 6-12 may use the Gronk Zone with direct adult supervision

Classes are included with AYCC membership

Guest Fees Adults \$8.00/visit OR Seniors \$5.00/visit

Peter G. Alfond Pathway to Wellness

Belong. Believe. Achieve.



Group Fitness Classes

Back to Basics

Tues & Thurs 5:30-7:00 pm

Bootcamp

Tues & Thurs 5:00-6:15 am

Chair Yoga

Tues & Thurs 10:00-11:00 am

Early Bird Spin

Mon & Wed 5:00-6:15 am

Enhance Fitness

Mon, Wed & Fri 10:00-11:00 am

HIIT It on the Track *Low Impact*

Tues & Thurs 9:00-10:00 am

Kid Power

Tues 3:00-4:00 pm

Pilates

Mon & Wed 6:15-7:15 pm

Sat 9:00-10:00 am

Posture & Tone

Tues & Thurs 8:00-9:00 am

Slow Flow Yoga

Mon & Thurs 5:00-6:00 pm

Sunset Spin

Wed 7:30-8:30 pm

Total Body

Mon, Wed & Fri 8:15-9:15 am

Trim & Tone

Tues 5:00-5:45 pm

Fri 5:30-6:30 pm

Vin Yin Yoga

Sun 10:00-11:00 am

Classes are included with AYCC membership

Guest Fees Adults \$8.00/visit OR Seniors \$5.00/visit