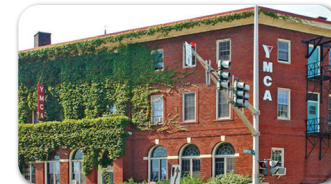




YMCA of Auburn-Lewiston: Turner Street
62 Turner Street, Auburn, Maine

Oct 12 – Oct 18, 2025
Group Exercise Schedule



12 SUN	13 MON	14 TUE	15 WED	16 THU	17 FRI	18 SAT
Group Power 8:00 AM Deseree Davis Cycle 9:15 AM Deseree Davis Group Blast 9:15 AM Alyssa Nile	Morning Boost 5:30 AM Marcie Hird (sub) Instructors Choice 9:00 AM Nicole Oberlander The Works 12:00 PM Cindy Hathorne Group Power 5:15 PM Deseree Davis Hatha Yoga 6:30 PM Holly Gurney	Cycle 5:30 AM Katy Hunter Line Dance Aerobics 9:15 AM Jennifer Smith HIIT 12:00 PM Cindy Hathorne Group Active 5:15 PM Kimbrey Varney Qi Gong Intermediate Class 6:30 PM John Alsobrooks	Speed and Agility 5:30 AM Marcie Hird Pilates/Yoga 7:00 AM Tish Caldwell Streaming Group Blast 9:00 AM Fit + Fun 9:15 AM Becky Walker Ropes 12:00 PM Cindy Hathorne Group Power 5:15 PM Deseree Davis	Bootcamp 5:30 AM Marcie Hird Yoga Foundations 8:00 AM Tish Caldwell Group Active 12:00 PM Kimbrey Varney (sub) The Works 4:15 PM Cindy Hathorne Zumba 5:15 PM Bethany Shute (sub) Qi Gong Beginner class 6:30 PM John Alsobrooks	Mobility/Motor Control Strength 5:30 AM Loren Poulin Group Blast 9:00 AM Alyssa Nile Fit + Fun 9:15 AM Becky Walker Group Power 12:00 PM Nicole Oberlander (sub)	Group Blast 8:00 AM Alyssa Nile Mindful Flow Yoga 9:15 AM Julie Gammon

SUBJECT TO CHANGE



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