



# BATH Y ADULT FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

EARLY WINTER 2018: UPDATED 11-12-18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.							
6 a.m.	CROSS TRAINING 5:30-6:30 a.m.		CROSS TRAINING 5:30-6:30 a.m.		CROSS TRAINING 5:30-6:30 a.m.		
7 a.m.		SPLASH & DASH 7-7:45 a.m.		SPLASH & DASH 7-7:45 a.m.			
8 a.m.	AQUA YOGA 8-9 a.m.	EARLY MUSCLE TIME 8-9 a.m.	EARLY MUSCLE TIME 8-9 a.m.	EARLY MUSCLE TIME 8-9 a.m.	AQUA STRENGTH & BALANCE 8:15-9 a.m.	MASTERS SWIM GROUP 7:30-8:30 a.m.	
9 a.m.	LEARN TO STEP & STRENGTH 8:30-9:30 a.m.	DEEP WATER AEROBICS 9-9:45 a.m.	CORE, BALANCE, & MOBILITY 9-10 a.m.	LEARN TO STEP & STRENGTH 8:30-9:30 a.m.	EARLY MUSCLE TIME 8-9 a.m.	CARDIOVASCULAR BOXING 8:30-10:30 a.m.	
10 a.m.	PILATES 9-10 a.m.	BODY SCULPTING 9-10:30 a.m.	DEEP WATER AEROBICS 9-9:45 a.m.	DEEP WATER AEROBICS 9-9:45 a.m.	YOGALATES 9-10 a.m.		
11 a.m.	MUSCLE TIME 10-11 a.m.	MUSCLE TIME 10-11 a.m.	MUSCLE TIME 10-11 a.m.	MUSCLE TIME 10-11 a.m.	MUSCLE TIME 10-11 a.m.		AIKIDO 9-11 a.m.
Noon	AQUA EX 11 a.m.-Noon	YAAP 11:30-12:45 p.m.	AQUA EX 11 a.m.-Noon	YAAP 11:30-12:45 p.m.	AQUA EX 11 a.m.-Noon		
1 p.m.	INTERMEDIATE TAI CHI 12:30-1:30 p.m.	CHAIR YOGA 11:45-12:30 p.m.		BARRE 12:30-1:30 p.m.	ZUMBA 11 a.m.-Noon		
2 p.m.	BEGINNER TAI CHI 1:30-2:30 p.m.						JUDO* 1:30-3 p.m. (Begins 11/18)
3 p.m.							
4 p.m.							
5 p.m.							
6 p.m.		STEP AHEAD 5-6 p.m.	GROUP CYCLING 5-6 p.m.	YOGA 5-6:15 p.m.			
7 p.m.	YOGA 6-7:15 p.m.	AIKIDO 6-8 p.m.	HATHA YOGA 6-7:15 p.m.				
8 p.m.				H2O AEROBICS 7-7:45 p.m.			
9 p.m.		JUDO* 7:45-8:45 p.m.		JUDO* 7:45-8:45 p.m.			

**KEY**

- AEROBICS ROOM
- GYMNASIUM
- MAIN POOL
- VARIOUS

All classes are FREE for members. There is a \$15 drop-in fee for non-members and community members.  
\*Includes an extra fee.

QUESTIONS? Call (207) 443-4112 or go to [bathymca.org](http://bathymca.org).

Monday-Friday: 5 a.m. to 9 p.m.  
Saturday: 7 a.m. to 5 p.m.  
Sunday: 9 a.m. to 3 p.m.

# CLASS DESCRIPTIONS

## CARDIO & STRENGTH

### BARRE (Daneem)

Barre is a total body workout using dance bars to strengthen, lengthen, and stretch the entire body for a lean physique. Based on dance and Pilates. All levels are welcome. Child Watch is available during this class.

### BODY SCULPTING (Robin)

Learn different ways to work your muscles. Class may include super-sets, dynamic sets, bands, dumbbells, body weight exercises, and stability balls., in addition to warm up, pre and post stretches.

### CARDIOVASCULAR BOXING (Leon)

This class will cover the fundamentals of boxing, i.e., wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience.

### CORE, BALANCE & MOBILITY (Karen)

This class is a low impact routine that will address core strength, functional balance, and full body mobility or flexibility.

### CROSS TRAINING (Heather)

Geared toward well-balanced fitness, this class will focus on each of the physical components in the Y's Model of Fitness: muscular strength, muscular and cardiovascular endurance, flexibility, and body composition.

### EARLY MUSCLE TIME/MUSCLE TIME (Erica, Joe & Karen)

These classes focuses on joint flexibility, muscle strengthening, endurance, coordination, and includes a warm up, stretch, and cool down.

### GROUP CYCLING (Judy, Mark, & Jenn)

This is a great form of exercise that is low impact on the joints, but can be as challenging as you make it. This class is for all levels, as you can control the resistance of your bike.

### JUDO (Jim) (Sunday classes begin 11/18)

Judo is a martial art and Olympic sport similar to wrestling with take-downs and holds. The focus will be on learning self-defense skills, which will boost strength, cardio fitness, and confidence.

### LEARN TO STEP & STRENGTH (Cindy)

Learn the basic steps of a step aerobics workout. We will emphasize repetitive movements to fun music for endurance and strength. The last 15 minutes of class will feature a core and back strength workout derived from physical therapy.

### POWER STEP/POWER SCULPT (Robin)

Power Step features choreography and Step Aerobics set to a heart-pounding tempo that will keep you engaged the whole time. Power Sculpt focuses more on free weights, medicine balls, abs, and total body strengthening-a great way to finish up a workout.

### STEP AHEAD (Robin)

This is an energetic and motivating class to rev you up after a long day. This workout has simple Step patterns that progress to more complicated patterns. Repetition is the key to these easy to learn movements.

### ZUMBA (Bea)

This fun and easy-to-follow dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you're at a party.

### AIKIDO (Wesley)

Aikido is a Japanese martial art founded on self-defense with no emphasis on striking or kicking. This class will focus on centering energy, body mechanics, and developing muscle memory.

### CHAIR YOGA (Sara)

This is a gentle form of yoga that is practiced on a chair or standing while using a chair as support. This class will help with balance, breathing, strength, and flexibility. You will leave the class refreshed and renewed.

### HATHA YOGA (Sara)

This class is for all levels, acquainting participants with the basics of yoga at a gentle pace.

### PILATES (Dennis)

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. This includes core strengthening, as well as overall fitness.

### TAI CHI CHUAN (Bill)

Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, and when executed properly, constitutes a demanding workout involving the mind as much as the body.

### VINYASA YOGA (Melinda)

This class involves a flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga spectrum and is a great practice for anyone looking for a physical or mental challenge.

### YOGA (Sue & Amanda)

Yoga is a wonderful method of exercise that teaches us how to recognize when our body is under stress and how to counteract it. With regular practice, yoga improves strength and flexibility, quiets the mind, and helps bring balance to all areas of your life.

### YOGALATES (Ann)

Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like yoga and nothing strengthens the core muscles better than Pilates. Together, they provide a wonderful workout.

## WATER FITNESS

### AQUA EX (Pat & Shelley)

Join us for a revitalizing hour of aerobic, strengthening, and stretching exercises. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool.

### AQUA STRENGTH & BALANCE (Ann)

Balance... the ability to control your body positioning. Imbalance... a primary contributor to fall risks. Balance is directly connected to our core strength. This class uses basic movements and gentle exercises to increase strength and improve overall balance. No swim experience required.

### AQUA YOGA (Amanda)

Aqua Yoga is a gentle and very low impact aquatic activity. This class takes the principles and movements of yoga and adapts them to water. With the release of gravity, the body is able to find the optimum stretch. And by using the rhythm of the breath, an inner sense of relaxation can also be achieved.

### DEEP WATER AEROBICS (Ann)

This class promotes flexibility, muscle toning, proper breathing, and body alignment and appreciation. Build muscle tone without impacting your joints and muscles. No swimming ability is required, however, participants must be comfortable in deep water.

### H2O AEROBICS (Kim)

This 45-minute intensive workout provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Uses shallow water. Class is held in the Therapy Pool during swim season.

### MASTERS SWIM GROUP (Pam)

Join Pam Torrey, a Maine Masters swimmer, for a fun and challenging group workout by improving your speed and endurance. Workouts are adapted for swimmers of different abilities and experiences, but all swimmers should be able to swim 1,500 yards comfortably.

### SPLASH & DASH (Nancy)

Come join us for an early-morning workout! Jump start your day and still get to where you need to be on time. This 30-minute class can be used as a stand-alone program or an addition to your morning lap swim or exercise routine!

### YMCA AQUA ARTHRITIS PROGRAM (YAAP) (Ann & Kathy)

This program provides a steady workout, incorporating movements designed to encourage range of motion and develop increased flexibility. Our National Arthritis Foundation certified instructors provide a steady workout, incorporating movements designed to promote functional endurance, encourage range of motion, and develop increased flexibility. All ages are welcome.