



BATH Y ADULT FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019: UPDATED 9-16-19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.							
6 a.m.			CRAZY MORNING CIRCUIT 5:30-6:30 a.m.				
7 a.m.							
8 a.m.	PILATES 8-8:50 a.m.	ESSENTIAL MOVEZ 8-8:45 a.m.	SILVER FIT 2.0 8-9 a.m.	ESSENTIAL MOVEZ 8-8:45 a.m.	SILVER FIT 2.0 8-9 a.m.		
9 a.m.	SILVER FIT 2.0 8-9 a.m.	ZUMBA 9-10 a.m.	AEROBIC DANCE & STRENGTH 8:30-9:25 a.m.	BARRE ABOVE 9-10 a.m.	BASIC STEP & STRENGTH 8:30-9:25 a.m.		
10 a.m.	CARDIO + CORE 8:30-9:25	CARDIO + CORE + STRENGTH 9-10:30 a.m.		CARDIO + CORE + STRENGTH 9-10:30 a.m.	YOGALATES 9:30-10:30 a.m.		AIKIDO 9-11 a.m.
11 a.m.	SILVER FIT 1.0 10-11 a.m.	VINYASA YOGA 10:30-11:30 a.m.	SILVER FIT 1.0 10-11 a.m.	POWER STEP & MORE 9:30-11 a.m.	VINYASA YOGA 10:30-11:30 a.m.		
Noon	POWER STEP & MORE 9:30-11 a.m.		YIN YOGA 11:05 a.m.-12:05 p.m.		ZUMBA 11:05 a.m.-12:05 p.m.		JUDO* 11 a.m.-12:45 p.m.
1 p.m.	ADVANCED TAI CHI 11:30 a.m.-12:30 p.m.	CHAIR YOGA 11:45 a.m.-12:30 p.m.					
2 p.m.	INTERMEDIATE TAI CHI 12:30-1:30 p.m.						
3 p.m.	BEGINNER TAI CHI 1:30-2:30 p.m.						
4 p.m.							
5 p.m.				YOGA 5-6 p.m.			
6 p.m.	YOGA 6-7 p.m.	YIN/YANG YOGA 6:15-7:15 p.m.	SLOW FLOW YOGA 6:15-7:15 p.m.	ZUMBA FUSION 6:30-7:30 p.m.			
7 p.m.							
8 p.m.		JUDO* 7:45-8:45 p.m.		JUDO* 7:45-8:45 p.m.			
9 p.m.							

KEY

- AEROBICS ROOM
- GYMNASIUM
- ADDITIONAL FEE

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

QUESTIONS? Contact Wellness Director Karen Ela at (207) 443-4112 x27 or email karen@bathymca.org.

Monday-Friday: 5 a.m. to 9 p.m.
Saturday: 7 a.m. to 3 p.m.
Sunday: 9 a.m. to 1 p.m.

CLASS DESCRIPTIONS

CARDIO & STRENGTH

AEROBIC DANCE & STRENGTH (Cindy)

All level cardio dance routines using simple choreography paired with a core strengthening workout utilizing weights and balls. May be done with or without an aerobic step.

BARRE ABOVE (Bea)

A fusion of several disciplines, including Pilates & strengthening exercises done by dancers. This low-impact total body workout improves muscular endurance & strength, develops balance & postural alignment lengthening the body's musculature.

BASIC STEP & STRENGTH (Cindy)

Easy to follow step aerobics class paired with a 15-minute core workout derived from physical therapy. Perfect for beginners!

CARDIO + CORE (Robin N.)

A workout combo of body weight exercises & weights to challenge & strengthen core muscles while incorporating cardio moves.

CARDIO + CORE + STRENGTH (Robin N.)

In this ever-changing format, expect muscular strength & endurance, cardio, core, & agility work designed to improve overall fitness & well-being.

CRAZY MORNING CIRCUIT (Karen)

A challenging total body workout that improves muscular endurance & power, utilizing HIIT (high intensity interval training) circuits.

ESSENTIAL MOVEZ (Karen)

Low impact class designed to functionally strengthen the core musculature while improving balance, joint mobility & muscular flexibility. "A jolt of WD-40 for every joint in the body!"

JUDO (Jim)

An Olympic sport & martial art similar to wrestling with take-downs and holds. The focus of this class will be on learning self-defense skills while boosting strength, cardio fitness & confidence. **This is an extra fee class.**

POWER STEP & MORE (Robin N.)

Fast-paced, choreographed step aerobics paired with a functional workout focusing on core strength & stability while building muscular endurance & coordination.

SILVER FIT 2.0 (Duke, Joe, Karen & Robin N.)

A complete workout for active older adults utilizing free weights & body weight exercises to improve muscular strength & endurance. Also includes core, balance & flexibility training.

SILVER FIT 1.0 (Duke, Joe & Karen)

Similar to 2.0 with a more moderate routine & pace.

ZUMBA (Bea)

A super fun dance fitness class for all levels. A complete workout of cardio, muscle conditioning & coordination, flexibility & balance. Exercise disguised as a dance party!

ZUMBA FUSION (Bea)

Zumba dance fitness class with a little bit of Pound, a fitness drumming workout designed to boost your cardio, while conditioning the entire body! Something a little different, but super fun!

MIND & BODY

AIKIDO (Wesley)

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

CHAIR YOGA (Sara)

This gentle form of yoga is practiced on a chair or standing while using a chair as support. Utilizing breath & movement, this class will address balance & flexibility, while leaving you renewed & refreshed.

PILATES (Cornelia & Lauren)

A mat exercise routine designed to strengthen deep core muscles, while lengthening the body's musculature & improving postural alignment; all level class.

SLOW FLOW YOGA (Sara)

A class that flows from gentle, opening stretches to more invigorating postures. Movement & breath come together to enhance body awareness, inner strength & mindfulness. A restorative phase will close the practice.

TAI CHI CHUAN (Bill)

An ancient, Chinese tradition, utilizing an intricate set of linked movements to enhance balance, overall fitness & longevity. When executed properly, the mind & the body will benefit from this highly dynamic workout.

VINYASA FLOW (Jen M.)

This invigorating class will have you moving through many poses while allowing the breath to guide the fluidity of the sequence, connecting mind and body. This is an athletic style of yoga and is appropriate for all levels.

VINYASA YOGA (Melinda)

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

YIN YOGA (Sara)

Slow-paced style of yoga where asanas are held for a longer period of time in order to decrease tension deeply engrained in our muscles. Expands flexibility & when combined with focused breath work, can invigorate energy centers in the body. Great for beginners & perfect for athletes. And effective for everyone in between!

YIN/YANG YOGA (Sara)

This class combines the mindfulness, deep stretching and healing of yin yoga with the strengthening and cardio benefits of yang (vinyasa) yoga, giving you the ultimate yoga workout.

YOGA (Amanda & Gabrielle)

A moderate level of yoga practice with a focus on alignment, balance & breath work, while holding classic asanas of the standing, seated & twisting variety. With regular practice, yoga can increase muscular strength & flexibility, while also quieting the mind & bringing balance to all areas of life.

YOGALATES (Sara)

Yoga & Pilates come together in an amazing low-impact workout focused on improving core strength, balance & overall flexibility.