



BATH Y ADULT FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2019: UPDATED 10-15-19

| | 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. | SILVER FIT 2.0 8-9 a.m. | | | | | | |
| 9 a.m. | PILATES 9-10 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. | BASIC STEP & STRENGTH 8:30-9:25 a.m. | |
| 10 a.m. | POWER STEP & MORE 9:30-11:30 a.m. | ZUMBA 9-10 a.m. | HEART DANCE 8:30-9:25 a.m. | BARRE ABOVE 9-10 a.m. | CARDIO + CORE + STRENGTH 9-10:30 a.m. | YOGALATES 9:30-10:30 a.m. | CARDIO BOXING (Returns 10/26) 8:30-10:30 a.m. |
| 11 a.m. | SILVER FIT 1.0 10-11 a.m. | VINYASA YOGA 10:30-11:30 a.m. | POWER STEP & MORE 9:30-11:30 a.m. | VINYASA YOGA 10:30-11:30 a.m. | SILVER FIT 1.0 10-11 a.m. | | AIKIDO 9 a.m.-Noon |
| Noon | LIVE-STRONG 10:30 a.m.-12 p.m. | CHAIR YOGA 11:45 a.m.-12:30 p.m. | LIVE-STRONG 10:30 a.m.-12 p.m. | YIN YOGA 11:15 a.m.-12:15 p.m. | ZUMBA 11:05 a.m.-12:05 p.m. | | |
| 1 p.m. | INTERMEDIATE TAI CHI 12:30-1:30 p.m. | | | | | | |
| 2 p.m. | BEGINNER TAI CHI 1:30-2:30 p.m. | | | | | | JUDO* (Returns in November) 1:30-3:30 p.m. |
| 3 p.m. | AEROBICS RM IN USE ; 2:45-3:15 p.m. | AEROBICS RM IN USE ; 2:45-3:15 p.m. | AEROBICS RM IN USE ; 2:45-3:15 p.m. | AEROBICS RM IN USE ; 2:45-3:15 p.m. | AEROBICS RM IN USE ; 2:45-3:15 p.m. | | |
| 4 p.m. | VINYASA FLOW 4-5 p.m. | YIN/YANG YOGA (Returns 10/22) 4-5 p.m. | | | | | |
| 5 p.m. | CYCLING 5-5:55 p.m. | INTERVAL MIX (Returns 10/22) 5-6 p.m. | CRAZY P.M. CIRCUIT (Returns 10/23) 5-6 p.m. | YOGA 5-6 p.m. | | | |
| 6 p.m. | YOGA 6-7 p.m. | AIKIDO 6-8 p.m. | SLOW FLOW YOGA 6:15-7:15 p.m. | CYCLING 6:05-7:05 p.m. | | | |
| 7 p.m. | | | | | | | |
| 8 p.m. | | JUDO* 7:45-8:45 | | JUDO* 7:45-8:45 p.m. | | | |
| 9 p.m. | | | | | | | |

KEY

- AEROBICS ROOM
- GYMNASIUM
- VARIOUS
- 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

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 BOXING (Leon)

A challenging cardiovascular workout focusing on the fundamentals of boxing, i.e. stance, footwork, heavy bag, speed bag work & more.

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 & P.M. CIRCUIT (Karen & Rebecca)

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

CYCLING (Cindy, Jen M., Jenn H., Mark, & Rebecca)

Fun, low impact cycling workout set to music for all levels of fitness. If new to class, it's recommended you arrive 5 minutes early for your first class so that the instructor can get you set up on your bike.

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!"

HEART DANCE (Maggie)

This class is a joyful blend of guided movement sure to make you sweat! Flowing dance moves, free dance, and martial art precision are blended for a unique dance experience.

INTERVAL MIX (Robin T.)

A high energy, total body workout, utilizing varying intervals of cardio, muscular strength & endurance, as well as core work. Challenging and fun!

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.**

LIVESTRONG (Karen & Kevin)

A no-cost 12 week research based exercise & well-being class designed to help adult cancer survivors reclaim their total health. Sign up is required to participate in this amazing program. FMI contact Karen Ela at karen@bathymca.org.

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 1.0 (Duke, Joe & Karen)

Similar to 2.0 with a more moderate routine & pace.

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.

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!

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 (Dennis)

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/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.

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!

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 (Ann)

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