



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING OUTDOOR & VIRTUAL FITNESS SCHEDULE

## Week of June 22-27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TAI CHI</b> with Bill 7 a.m.					
	<b>POP PILATES</b> with Daneem 8:30 a.m.					
<b>BARRE ABOVE</b> with Ida 9:30 a.m.		<b>GENTLE YOGA*</b> with Sue Kelly 9:30 a.m.	<b>BARRE</b> with Daneem 9:30 a.m.			
<b>SILVER STRONG</b> with Angie S. 10 a.m.			<b>WALKING GROUP</b> with Angie S. 10 a.m.	<b>SILVER STRONG</b> with Angie S. 10 a.m.	<b>YOGA</b> with Celia 10 a.m.	
	<b>PARKINSON'S</b> with Angie S. 11 a.m.	<b>SILVER STRONG</b> with Staff 11 a.m.	<b>CHAIR YOGA</b> with Sue Kelly 11 a.m.			
	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 p.m.		<b>FUNCTIONAL MOVEMENT*</b> with Rebecca 12 p.m.			
			<b>POP PILATES*</b> with Daneem 5:30 p.m.			

**KEY**

**OUTDOOR**

**FACEBOOK LIVE**

Register for outdoor classes at [bathymca.org/register/](https://bathymca.org/register/) 24 hours in advance or email [angie@bathymca.org](mailto:angie@bathymca.org).

Join our Facebook group or view Zoom links at [bathymca.org/virtual/](https://bathymca.org/virtual/).

If there is inclement weather, classes and walking groups will be cancelled. \*Select classes will be taught virtually.