



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
	TAI CHI with Bill 7 a.m.					
	POP PILATES with Daneem 8:30 a.m.					
BARRE ABOVE with Ida 9:30 a.m.		GENTLE YOGA* with Sue Kelly 9:30 a.m.	BARRE with Daneem 9:30 a.m.			
SILVER STRONG with Angie S. 10 a.m.	PARKINSON'S with Angie S. 10 a.m.		WALKING & LUNCH with Angie S. 10 a.m.	SILVER STRONG with Angie S. 10 a.m.	YOGA with Celia 10 a.m.	
		SILVER STRONG with Staff 11 a.m.	CHAIR YOGA with Sue Kelly 11 a.m.			
	FUNCTIONAL MOVEMENT with Rebecca 12 p.m.		FUNCTIONAL MOVEMENT* with Rebecca 12 p.m.			
			POP PILATES* with Daneem 5:30 p.m.			

KEY

OUTDOOR

FACEBOOK LIVE

Register for outdoor classes at bathymca.org/register/ 24 hours in advance or email angie@bathymca.org.

Join our Facebook group or view Zoom links at bathymca.org/virtual/.

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