



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH OUTDOOR & VIRTUAL FITNESS SCHEDULE

Week of July 13-17

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
		STEP & CORE with Cindy 8:30 a.m.		HEART DANCE with Maggie 8 a.m.	SILVER FIT with Karen 8 a.m.			SILVER FIT with Karen 8 a.m.	STEP & CORE with Cindy 8:30 a.m.		
SILVER FIT with Duke 9 a.m.	TAI CHI with Bill 9 a.m.	WALKING GROUP with Staff 9 a.m.		BARRE ABOVE with Bea 9 a.m.		WALKING GROUP with Staff 9 a.m.		ZUMBA* with Bea 9 a.m.	SLOW FLOW YOGA with Sara 9 a.m.		
		VINYASA YOGA* with Melinda 10:30 a.m.		SLOW FLOW YOGA with Sara 10 a.m.		VINYASA YOGA* with Melinda 10:30 a.m.					
KRIPALU YOGA with Gabrielle 4 p.m.											

KEY

- OUTDOOR
- FACEBOOK LIVE
- ZOOM

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