



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING OUTDOOR FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TAI CHI</b> <i>with Bill</i> 7-8 a.m.					
<b>HIIT</b> <i>with Jess</i> 7:30-8:30 a.m.						
<b>MAINE MUSCLES</b> <i>with Rebecca</i> 9:45-10:45 a.m.		<b>GENTLE YOGA</b> <i>with Sue Kelly</i> 9:30-10:30 a.m.	<b>BARRE</b> <i>with Daneem</i> 9:30-10:30 a.m.	<b>MAINE MUSCLES</b> <i>with Rebecca</i> 9:45-10:45 a.m.		
<b>SILVER STRONG</b> <i>with Angie S.</i> 10-11 a.m.	<b>PARKINSON'S</b> <i>with Angie S.</i> 10-11 a.m.	<b>MINDFUL MOBILITY</b> <i>with Angie S.</i> 10-11 a.m.	<b>WALKING &amp; LUNCH</b> <i>with Angie S.</i> 10-11 a.m.	<b>SILVER STRONG</b> <i>with Angie S.</i> 10-11 a.m.		
		<b>TOTAL BODY TRAINING</b> <i>with Kelly</i> 12-1 p.m.	<b>BOXING FOR PARKINSON'S</b> <i>with Ann</i> 2-3 p.m.			
		<b>ZUMBA</b> <i>with Bea</i> 5:30-6:30 p.m.	<b>POP PILATES</b> <i>with Daneem</i> 5:30-6:30 p.m.			

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

View our virtual class schedule on the back or at [bathymca.org/virtual/](https://bathymca.org/virtual/)



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# VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>HIIT</b> <i>with Jess</i> 7:30 a.m.		<b>CARDIO &amp; CORE</b> <i>with Cindy</i> 8 a.m. (Returns October 9)		
	<b>POP PILATES</b> <i>with Daneem</i> 8:30 a.m.					
<b>BARRE</b> <i>with Daneem</i> 9:30 a.m.			<b>ZUMBA</b> <i>with Daneem</i> 9:30 a.m.	<b>SLOW FLOW YOGA</b> <i>with Sara</i> 9:45 a.m.		
		<b>SILVER STRONG</b> <i>with Celia</i> 11 a.m.	<b>CHAIR YOGA</b> <i>with Sue Kelly</i> 11 a.m.	<b>POP PILATES</b> <i>with Daneem</i> 11 a.m.		
	<b>FUNCTIONAL MOVEMENT</b> <i>with Rebecca</i> 12 p.m.					
<b>YOGA</b> <i>with Celia</i> 6 p.m.						

Join our Facebook group at [bathymca.org/virtual/](https://www.bathymca.org/virtual/) to access these classes. Facebook live videos will stay up for 24 hours before they are taken down. All videos will be uploaded to YouTube except for Pop Pilates and Zumba due to copyright.

**Not on Facebook? Not a problem!** If you're a member, email [daneem@bathymca.org](mailto:daneem@bathymca.org) for access to a playlist of videos on YouTube.