



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BATH FITNESS SCHEDULE

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>SPINNING</b> with <i>Cindy</i> 7:30-8:30 a.m.					
			<b>SILVER FIT 2.0</b> with <i>Karen</i> 8-9 a.m.	<b>HEART DANCE</b> with <i>Maggie</i> 8-9 a.m.	<b>SILVER FIT 2.0</b> with <i>Karen</i> 8-9 a.m.		
<b>SILVER FIT</b> with <i>Duke</i> 9-10 a.m.	<b>PILATES</b> with <i>Dennis</i> 9-10 a.m.	<b>CARDIO + STRENGTH + CORE</b> with <i>Robin</i> 9-10:30 a.m.	<b>BARRE ABOVE</b> with <i>Bea</i> 9-10 a.m.	<b>YOGALATES</b> with <i>Ann</i> 9:30-10:30 a.m.	<b>ZUMBA</b> with <i>Bea</i> 9-10 a.m.		
<b>TAI CHI</b> with <i>Bill</i> 10-11 a.m.	<b>VINYASA YOGA</b> with <i>Melinda</i> 10:30-11:30 a.m.		<b>SILVER FIT 1.0</b> with <i>Karen</i> 10:10-11:10 a.m.				

**KEY**

GYMNASIUM  
(Limit 15)

MATS  
(Limit 8)

Register for classes at [bathymca.org/register/](http://bathymca.org/register/) 24 hours in advance or email [karen@bathymca.org](mailto:karen@bathymca.org).  
View our virtual class schedule on the back or at [bathymca.org/virtual/](http://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.		
	<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.