



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		HIIT with Jess 7:30 a.m.		CARDIO & CORE with Cindy 8 a.m.		
	POP PILATES with Daneem 8:30 a.m.	CARDIO SCULPT with Angie S./Ida 9 a.m.				
BARRE with Daneem 9:30 a.m.			ZUMBA with Daneem 9:30 a.m.	SLOW FLOW YOGA with Sara 9:45 a.m.		
	KICKBOXING with Ida 10:30 a.m.					
		SILVER STRONG with Karen 11 a.m.	CHAIR YOGA with Sue Kelly 11 a.m.	POP PILATES with Daneem 11 a.m.		
ABS OF ENVY BY PIIT28 with Daneem 12 p.m.	FUNCTIONAL MOVEMENT with Rebecca 12 p.m.		MAIN(E) MUSCLES with Rebecca 12:30 p.m.			
	GENTLE YOGA with Sue 4 p.m.					
YOGA with Celia 6 p.m.						

Join our Facebook group at [bathymca.org/virtual/](https://www.facebook.com/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.



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CLASS DESCRIPTIONS

ABS OF ENVY by PIIT28@

This class hyper targets your abdominals with the best core shaping exercises during the Pilates intervals, and then leans out your abs with the cardio intervals.

BARRE

This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels are welcome!

CARDIO + CORE

A workout combo of body weight exercises & weights to challenge & strengthen core muscles while incorporating cardio moves.

CARDIO SCULPT

A fun, fast-paced fitness class that combines cardio exercise with muscle sculpting exercise

CHAIR YOGA

Chair Yoga is a gentle form of yoga that is practiced on a chair, or using a chair as support. This class helps with balance, breathing, strength, flexibility, and overall health. Set in a relaxing environment, you will leave the class refreshed and renewed.

FUNCTIONAL MOVEMENT

This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level,

GENTLE YOGA

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

HIIT

High Intensity Interval Training is an enhanced form of interval training. It incorporates short periods of intense anaerobic exercise with less intense recovery periods.

KICKBOXING

This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges beginner and elite athletes alike.

MAIN(E) MUSCLES

Learn different ways to work your muscles. This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class includes a warm-up, pre and post stretch.

POP PILATES

This class is an infusion of ab-chiseling and total body defining movements choreographed to upbeat, pop hits. Take classical Pilates to the next level like you've never seen before.

SILVER STRONG

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

SLOW FLOW YOGA

A class that flows from gentle, opening stretches to more invigorating postures. Movement & breath come together to enhance body awareness, inner strength & mindfulness. A restorative phase will close the practice.

YOGA

Yoga will teach us how to recognize when our body is under stress and how to counteract it. With regular practice, yoga improves strength and flexibility, and quiets the mind.

ZUMBA

This class is the perfect combo of cardio & fun! Feel the music, have fun, and learn some new dance moves!

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