



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH FITNESS SCHEDULE

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

KEY

- GYMNASIUM
- MATS
- OUTDOOR

Register for classes at bathymca.org/register/ 24 hours in advance or email angie@bathymca.org.
Class descriptions can be viewed at bathymca.org/bathfitness/



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VIRTUAL FITNESS SCHEDULE

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