



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>TAI CHI</b> with Bill 7-8 a.m.					
<b>MAINE MUSCLES</b> with Rebecca 9:45-10:45 a.m.		<b>GENTLE YOGA</b> with Sue Kelly 9:30-10:30 a.m.	<b>BARRE</b> with Daneem 9:30-10:30 a.m.	<b>MAINE MUSCLES</b> with Rebecca 9:45-10:45 a.m.		
<b>SILVER STRONG</b> with Angie S. 10-11 a.m.	<b>PARKINSON'S</b> with Angie S. 10-11 a.m.	<b>MINDFUL MOBILITY</b> with Angie S. 10-11 a.m.	<b>OUTDOOR WALKING</b> with Angie S. 10 a.m.-12 p.m.	<b>SILVER STRONG</b> with Angie S. 10-11 a.m.		
<b>THE BALANCE CLASS</b> with Angie S. 11-11:30 a.m.				<b>THE BALANCE CLASS</b> with Angie S. 11-11:30 a.m.		
		<b>TOTAL BODY TRAINING</b> with Kelly 12-1 p.m.				
		<b>ZUMBA</b> with Bea 5:30-6:30 p.m.	<b>POP PILATES</b> with Daneem 5:30-6:30 p.m.			

**KEY**

- AEROBICS RM (Limit 5)
- GYMNASIUM (Limit 20)
- OUTDOOR

Register for classes at [bathymca.org/register/](http://bathymca.org/register/) 24 hours in advance or email [angie@bathymca.org](mailto:angie@bathymca.org).  
Class descriptions can be viewed at [bathymca.org/landingfitness/](http://bathymca.org/landingfitness/)



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# VIRTUAL FITNESS SCHEDULE

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