



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH FITNESS SCHEDULE

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		SPINNING with Cindy 7:30-8:30					
			SILVER FIT with Robin 8-9 a.m.		SILVER FIT with Karen/Duke 8-9 a.m.		
TAI CHI with Bill 9-10 a.m.	SILVER FIT with Staff 9-10 a.m.	CARDIO + STRENGTH + CORE with Robin 9-10:30 a.m.	BARRE ABOVE with Bea 9-10 a.m.	CARDIO + STRENGTH + CORE with Robin 9-10:30 a.m.	ZUMBA with Bea 9-10 a.m.		
			VINYASA YOGA with Melinda 10:30-11:30 a.m.		SILVER FIT with Karen 10:15-11 a.m.		
			THE BALANCE CLASS with Karen 11-11:30 a.m.				
			ZUMBA with Bea 5:30-6:30 p.m.				

KEY

- GYMNASIUM
- MATS
- AEROBICS RM

Register for classes at bathymca.org/register/ 24 hours in advance or email karen@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.					
BARRE <i>with Daneem</i> 9:30 a.m.		CARDIO SCULPT <i>with Ida</i> at 9:30 a.m.	ZUMBA <i>with Daneem</i> 9:30 a.m.	SLOW FLOW YOGA <i>with Sara</i> 10 a.m.		
	KICKBOXING <i>with Ida</i> 10:30 a.m.	SILVER STRONG <i>with Ida</i> 10 a.m.				
			CHAIR YOGA <i>with Sue Kelly</i> 11 a.m.	POP PILATES <i>with Daneem</i> 11:30 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.			
	GENTLE YOGA <i>with Sue</i> 4 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.