



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BATH FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>SPINNING</b> with Cindy 7:30-8:30 a.m.					
	<b>ESSENTIAL MOVEZ</b> with Karen 8-9 a.m.	<b>SILVER FIT</b> with Robin 8-9 a.m.			<b>SILVER FIT</b> with Karen/Duke 8-9 a.m.	
<b>TAI CHI</b> with Bill 9-10 a.m.	<b>CARDIO + STRENGTH + CORE</b> with Robin 9-10:30 a.m.	<b>BARRE ABOVE</b> with Bea 9-10 a.m.	<b>CARDIO + STRENGTH + CORE</b> with Robin 9-10:30 a.m.	<b>ZUMBA</b> with Bea 9-10 a.m.		
<b>SILVER FIT</b> with Staff 9-10 a.m.		<b>SILVER FIT</b> with Karen 10:15-11 a.m.			<b>GENTLE YOGA</b> with Sue 9:30-10:45 a.m.	
	<b>VINYASA YOGA</b> with Melinda 10:30-11:30 a.m.	<b>THE BALANCE CLASS</b> with Karen 11-11:30 a.m.				
		<b>CHAIR YOGA</b> with Sue 11:30-12:30 p.m.				
		<b>ZUMBA</b> with Bea 5:30-6:30 p.m.				

**KEY**

- AEROBICS RM
- GYMNASIUM
- MATS
- OUTDOOR\*

\*Instructors may choose to bring classes outdoors, weather permitting.

Register for classes at [bathymca.org/register/](http://bathymca.org/register/) 24 hours in advance or email [karen@bathymca.org](mailto:karen@bathymca.org).

Class descriptions can be viewed at [bathymca.org/bathfitness/](http://bathymca.org/bathfitness/)



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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>BARRE</b> <i>with Daneem</i> 9:30 a.m.		<b>CARDIO SCULPT</b> <i>with Ida</i> at 9:30 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>SILVER STRONG</b> <i>with Ida</i> 10 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.					

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.