



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TAI CHI with Bill 7-8 a.m.					
MAINE MUSCLES with Rebecca 9:45-10:45 a.m.		GENTLE YOGA with Sue Kelly 9:30-10:30 a.m.	BARRE with Daneem 9:30-10:30 a.m.	MAINE MUSCLES with Rebecca 9:45-10:45 a.m.		
SILVER STRONG with Angie S. 10-11 a.m.	PARKINSON'S with Angie S. 10-11 a.m.	MINDFUL MOBILITY with Angie S. 10-11 a.m.	OUTDOOR WALKING with Angie S. 10 a.m.-12 p.m.	SILVER STRONG with Angie S. 10-11 a.m.		
THE BALANCE CLASS with Angie S. 11-11:30 a.m.				THE BALANCE CLASS with Angie S. 11-11:30 a.m.		
		TOTAL BODY TRAINING with Kelly 12-1 p.m.				
			POP PILATES with Daneem 4-5 p.m.			

KEY

- AEROBICS RM
- GYMNASIUM
- 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/landingfitness/



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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.				
		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> 10 a.m.		
	KICKBOXING <i>with Ida</i> 10:30 a.m.					
			CHAIR YOGA <i>with Sue Kelly</i> 11 a.m.			
ABS OF ENVY BY PIIT28 <i>with Daneem</i> 12 p.m.	FUNCTIONAL MOVEMENT <i>with Rebecca</i>			POP PILATES <i>with Daneem</i> 11:30 a.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.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.