



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH FITNESS SCHEDULE

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

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

Class descriptions can be viewed at bathymca.org/bathfitness/



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VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE <i>with Ida</i> 9:30 a.m.		CARDIO SCULPT <i>with Ida</i> at 9:30 a.m.	ZUMBA <i>with Ida</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.			
	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.