the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE *with Ida* 9:30 a.m.	**KICKBOXING** *with Ida* 10:30 a.m.	**CARDIO SCULPT** *with Ida* at 9:30 a.m.	**ZUMBA** *with Ida* 9:30 a.m.	**SLOW FLOW YOGA** *with Sara* 10 a.m.		
		SILVER STRONG *with Ida* 10 a.m.	**CHAIR YOGA** *with Sue Kelly* 11 a.m.			
	FUNCTIONAL MOVEMENT *with Rebecca* 12 p.m.		**MAIN(E) MUSCLES** *with Rebecca* 12:30 p.m.			
	GENTLE YOGA *with Sue* 4 p.m.					

Join our Facebook group at **bathymca.org/virtual/** to access these classes. Facebook live videos will stay up for 24 hours before they are taken down. Links to past videos can be found in our Facebook group (under 'Announcement').
All videos will be uploaded except for Zumba due to copyright.

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CLASS DESCRIPTIONS

BARRE
This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels are welcome!

CARDIO + CORE
A workout combo of body weight exercises & weights to challenge & strengthen core muscles while incorporating cardio moves.

CARDIO SCULPT
A fun, fast-paced fitness class that combines cardio exercise with muscle sculpting exercise including use of weights.

CHAIR YOGA
Chair Yoga is a gentle form of yoga that is practiced on a chair, or using a chair as support. This class helps with balance, breathing, strength, flexibility, and overall health. Set in a relaxing environment, you will leave the class refreshed and renewed.

FUNCTIONAL MOVEMENT
This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level, improve flexibility, and enhance quality of life.

GENTLE YOGA
This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

KICKBOXING
This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges beginner and elite athletes alike.

MAIN(E) MUSCLES
Learn different ways to work your muscles. This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class includes a warm-up, pre and post stretch.

SILVER STRONG
Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

SLOW FLOW YOGA
A class that flows from gentle, opening stretches to more invigorating postures. Movement & breath come together to enhance body awareness, inner strength & mindfulness. A restorative phase will close the practice.

ZUMBA
This class is the perfect combo of cardio & fun! Feel the music, have fun, and learn some new dance moves!

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