



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>SPINNING</b> with Rebecca 7:30-8:30 a.m.		<b>SPINNING</b> with Rebecca 7:30-8:30 a.m.	
<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CORE &amp; BALANCE</b> with Robin 8:15-8:45 a.m.	<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CORE &amp; BALANCE</b> with Robin 8:15-8:45 a.m.	<b>SILVER FIT</b> with Robin 8-9 a.m.	<b>CARDIO &amp; CORE</b> with Cindy 8-9 a.m.	
<b>TAI CHI</b> with Bill 9:30-10:30 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>GENTLE YOGA</b> with Sue 9:15-10:30 a.m.	<b>ZUMBA</b> with Bea 9-10 a.m.	
<b>BEGINNER TAI CHI</b> with Bill 10:30-11:30 a.m.						
<b>SILVER FIT</b> with Joe 10:30-11:30 a.m.	<b>VINYASA YOGA</b> with Melinda 10:30-11:30 a.m.	<b>SILVER FIT</b> with Daneem 10:15-11 a.m.			<b>SILVER FIT</b> with Joe 10:30-11:30 a.m.	
		<b>THE BALANCE CLASS</b> with Daneem 11-11:30 a.m.			<b>Yoga</b> with Maya 11 a.m.- 12 p.m.	
		<b>CHAIR YOGA</b> with Sue 11:30-12:45 p.m.				
<b>LRSC TRAINING*</b> with Sarah 2-3 p.m.		<b>LRSC TRAINING*</b> with Sarah 2-3 p.m.				
<b>*For Long Reach Swim Club team members only</b>		<b>ZUMBA</b> with Bea 5:30-6:30 p.m.	<b>SPINNING</b> with Jenn 5:30-6:30 p.m.			

**KEY**

- AEROBICS RM
- GYMNASIUM
- OUTDOOR

\*Instructors may choose to bring classes outdoors, weather permitting.  
All group exercise classes are free for members unless stated otherwise.

\*Effective 4/26/22



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# CLASS DESCRIPTIONS

## BARRE ABOVE

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 + STRENGTH + CORE

A workout combo of body weight exercises and weights to challenge and strengthen core muscles while incorporating cardio moves.

## CARDIO SCULPT

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

## CHAIR YOGA

Chair Yoga is a gentle form of yoga that is practiced on a chair or uses 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.

## CORE & BALANCE

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve core strength and power around the ankle, knee, and hip joints.

## GENTLE YOGA

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

## LRSC TRAINING

Dry land conditioning for Long Reach Swim Club team members.

## SILVER FIT

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

## SPINNING

Group cycling is a great form of exercise that is low impact on the joints. It can be as challenging as you make it because you control the resistance of the bike, making it suitable for all levels.

## TAI CHI

Tai Chi is an intricate set of linked poses developed in China to enhance balance, fitness, and longevity. It's highly dynamic, but when executed properly, it constitutes a demanding workout involving the mind as much as the body.

## THE BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

## VINYASA YOGA

A flow yoga class that focuses on breathing and sun salutation variations. It is a more vigorous yoga experience that is a great practice for anyone looking for a physical or mental challenge.

## ZUMBA

This class is the perfect combo of cardio and fun! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have a great time, and learn some new dance moves!

Don't forget to join our Facebook group at [bathymca.org/virtual](https://www.facebook.com/bathymca.org/virtual) and sign up for YMCA360 to access more classes from home!

All group exercise classes – including virtual – are free for members unless stated otherwise.