



# BATH Y ADULT FITNESS SCHEDULE

EARLY SPRING 2018: UPDATED 4-23-18

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.							
6 a.m.			<b>CROSS TRAINING</b> 5:30-6:30 a.m.	<b>CROSS TRAINING</b> 5:30-6:30 a.m.	<b>CROSS TRAINING</b> 5:30-6:30 a.m.		
7 a.m.	<b>AQUA YOGA</b> 6-7 a.m.						
8 a.m.		<b>SPLASH &amp; DASH</b> 7-7:45 a.m.		<b>SPLASH &amp; DASH</b> 7-7:45 a.m.			
9 a.m.	<b>EARLY MUSCLE TIME</b> 8-9 a.m.	<b>EARLY MUSCLE TIME</b> 8-9 a.m.	<b>EARLY MUSCLE TIME</b> 8-9 a.m.	<b>EARLY MUSCLE TIME</b> 8-9 a.m.	<b>EARLY MUSCLE TIME</b> 8-9 a.m.		
10 a.m.	<b>PILATES</b> 9-10 a.m.	<b>DEEP WATER AEROBICS</b> 9-9:45 a.m.	<b>CORE, BALANCE, &amp; MOBILITY</b> 9-10 a.m.	<b>DEEP WATER AEROBICS</b> 9-9:45 a.m.	<b>YOGALATES</b> 9-10 a.m.	<b>CARDIOVASCULAR BOXING</b> 8:30-10:30 a.m.	
11 a.m.	<b>MUSCLE TIME</b> 10-11 a.m.	<b>MUSCLE TIME</b> 10-11 a.m.	<b>MUSCLE TIME</b> 10-11 a.m.	<b>MUSCLE TIME</b> 10-11 a.m.	<b>MUSCLE TIME</b> 10-11 a.m.		<b>AIKIDO</b> 9-11 a.m.
Noon	<b>AQUA EX</b> 11 a.m.-Noon	<b>YAAP</b> 11:30-12:45 p.m.	<b>AQUA EX</b> 11 a.m.-Noon	<b>YAAP</b> 11:30-12:45 p.m.	<b>AQUA EX</b> 11 a.m.-Noon		
1 p.m.							
2 p.m.							
3 p.m.							
4 p.m.							
5 p.m.	<b>SMALL GROUP PERSONAL TRAINING*</b> 4-5 p.m.		<b>SMALL GROUP PERSONAL TRAINING*</b> 4-5 p.m.	<b>TEEN FITNESS HOUR</b> 4-5 p.m.			
6 p.m.	<b>GROUP CYCLING</b> 5-6 p.m.	<b>STEP AHEAD</b> 5-6 p.m.	<b>GROUP CYCLING</b> 5-6 p.m.	<b>YOGA</b> 5-6:15 p.m.			
7 p.m.	<b>YOGA</b> 6-7:15 p.m.	<b>AIKIDO</b> 6-8 p.m.	<b>HATHA (BEGINNER) YOGA</b> 6-7:15 p.m.				
8 p.m.				<b>H2O AEROBICS</b> 7-7:45 p.m.			
9 p.m.							

**KEY**

- AEROBICS ROOM
- GYMNASIUM
- MAIN POOL
- VARIOUS

All classes are FREE for members. There is a \$15 drop-in fee for non-members and community members.  
\*Includes an extra fee.

QUESTIONS? Call (207) 443-4112 or go to bathymca.org.

Monday-Friday: 5 a.m. to 9 p.m.  
Saturday: 7 a.m. to 3 p.m.  
Sunday: 9 a.m. to 1 p.m.

# CLASS DESCRIPTIONS

## CARDIO & STRENGTH

### BODY SCULPTING

Learn different ways to work your muscles. Class may include super-sets, dynamic sets, bands, dumbbells, body weight exercises, and stability balls., in addition to warm up, pre and post stretches.

### CARDIOVASCULAR BOXING

This class will cover the fundamentals of boxing, i.e., wrapping hands, stance, footwork, heavy bag work, speed bag, and more. Each week's workout is a cardiovascular challenge and a learning experience.

### CORE, BALANCE & MOBILITY

This class is a low impact routine that will address core strength, functional balance, and full body mobility or flexibility.

### CROSS TRAINING

Geared toward well-balanced fitness, this class will focus on each of the physical components in the Y's Model of Fitness: muscular strength, muscular and cardiovascular endurance, flexibility, and body composition.

### EARLY MUSCLE TIME/MUSCLE TIME

These classes focuses on joint flexibility, muscle strengthening, endurance, coordination, and includes a warm up, stretch, and cool down.

### GROUP CYCLING

This is a great form of exercise that is low impact on the joints, but can be as challenging as you make it. This class is for all levels, as you can control the resistance of your bike.

### LEARN TO STEP & STRENGTH

Learn the basic steps of a step aerobics workout. We will emphasize repetitive movements to fun music for endurance and strength. The last 15 minutes of class will feature a core and back strength workout derived from physical therapy.

### POWER STEP/POWER SCULPT

Power Step features choreography and Step Aerobics set to a heart-pounding tempo that will keep you engaged the whole time. Power Sculpt focuses more on free weights, medicine balls, abs, and total body strengthening—a great way to finish up a workout.

### STEP AHEAD

This is an energetic and motivating class to rev you up after a long day. This workout has simple Step patterns that progress to more complicated patterns. Repetition is the key to these easy to learn movements.

### TEEN FITNESS HOUR

This time is dedicated to teen athletes looking for a challenging workout! Workouts are tailored to age and will help build confidence, athleticism, and decrease injury risk. This class is for ages 9 and up.

### ZUMBA

This fun and easy-to-follow dance class combines high-energy and motivating Latin music with unique moves and combinations that make you feel like you're at a party.

## MIND & BODY

### AIKIDO

Aikido is a Japanese martial art founded on self-defense with no emphasis on striking or kicking. This class will focus on centering energy, body mechanics, and developing muscle memory.

### HATHA YOGA

Yoga for beginners, this introductory class will acquaint you with the basics of yoga at an easy pace.

### PILATES

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. This includes core strengthening, as well as overall fitness.

### TAI CHI CHUAN

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

### VINYASA YOGA

This class involves a flow yoga that focuses primarily on breathing and sun salutation variations. It is on the more vigorous end of the yoga spectrum and is a great practice for anyone looking for a physical or mental challenge.

### YOGA

Yoga is a wonderful method of exercise that teaches us how to recognize when our body is under stress and how to counteract it. With regular practice, yoga improves strength and flexibility, quiets the mind, and helps bring balance to all areas of your life.

### YOGALATES

Yoga and Pilates work together to stretch, strengthen, and reduce stress. Nothing maintains and improves flexibility like yoga and nothing strengthens the core muscles better than Pilates. Together, they provide a wonderful workout.

## WATER FITNESS

### AQUA EX

Join us for a revitalizing hour of aerobic, strengthening, and stretching exercises. Treat yourself to new energy and friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool.

### AQUA STRENGTH & BALANCE

Balance... the ability to control your body positioning. Imbalance... a primary contributor to fall risks. Balance is directly connected to our core strength. This class uses basic movements and gentle exercises to increase strength and improve overall balance. No swim experience required.

### AQUA YOGA

Aqua Yoga is a gentle and very low impact aquatic activity. This class takes the principles and movements of yoga and adapts them to water. With the release of gravity, the body is able to find the optimum stretch. And by using the rhythm of the breath, an inner sense of relaxation can also be achieved.

### DEEP WATER AEROBICS

This class promotes flexibility, muscle toning, proper breathing, and body alignment and appreciation. Build muscle tone without impacting your joints and muscles. No swimming ability is required, however, participants must be comfortable in deep water.

### H2O AEROBICS

This 45-minute intensive workout provides a variety of activities ranging from dance routines to boxing to keep your workout exciting. Uses shallow water. Class is held in the Therapy Pool during swim season.

### SPLASH & DASH

Come join us for an early-morning workout! Jump start your day and still get to where you need to be on time. This 30-minute class can be used as a stand-alone program or an addition to your morning lap swim or exercise routine!