



# BATH Y ADULT FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

WINTER 2019: UPDATED 1-7-19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 a.m.							
6 a.m.	INTERVAL MIX 5:30-6:30 a.m.		CRAZY MORNING CIRCUIT 5:30-6:30 a.m.				
7 a.m.							
8 a.m.	SILVER FIT 2.0 8-9 a.m.	ESSENTIAL MOVEZ 8-8:45 a.m.	CYCLING 7:30-8:30 a.m.	SILVER FIT 2.0 8-9 a.m.	ESSENTIAL MOVEZ 8-8:45 a.m.	CYCLING 7:30-8:30 a.m.	
9 a.m.	CARDIO + CORE 8:30-9:25 a.m.	ZUMBA 9-9:45 a.m.	INTRO TO STEP & STRENGTH 8:30-9:25 a.m.	INTRO TO STEP & STRENGTH 8:30-9:25 a.m.	INTRO TO STEP & STRENGTH 8:30-9:25 a.m.	CARDIO BOXING 8:30-10:30 a.m.	
10 a.m.	PILATES 9-10 a.m.	CARDIO + CORE + STRENGTH 9-10:25 a.m.	POWER STEP 9:30-10:30	POWER STEP 9:30-10:30	YOGALATES 9-10 a.m.	POWER STEP 9:30-10:30 a.m.	
11 a.m.	SILVER FIT 1.0 10-11 a.m.	LIVESTRONG 10-11:30 a.m. (1/7-3/27)	SILVER FIT 1.0 10-11 a.m.	LIVESTRONG 10-11:30 a.m. (1/7-3/27)	SILVER FIT 1.0 10-11 a.m.	BALANCE & CORE 10:30-11 a.m.	AIKIDO 9 a.m.-Noon
Noon	ADVANCED TAI CHI 11:30 a.m.-12:30 p.m.	VINYASA YOGA 10:30-11:30 a.m.	BALANCE & CORE 10:30-11 a.m.	VINYASA YOGA 10:30-11:30 a.m.	ZUMBA 11:05 a.m.-12:05 p.m.		
1 p.m.	INTERMEDIATE TAI CHI 12:30-1:30 p.m.	CHAIR YOGA 11:45 a.m.-12:30 p.m.	YIN YOGA 11:05 a.m.-12:05 p.m.				
2 p.m.	BEGINNER TAI CHI 1:30-2:30 p.m.		AEROBICS ROOM RENTAL 1-2:30 p.m. (1/9-3/6)				JUDO* 1:30-3 p.m.
3 p.m.	AEROBICS RM IN USE: 2:45-3:15 p.m.	AEROBICS RM IN USE: 2:45-3:15 p.m.	AEROBICS RM IN USE: 2:45-3:15 p.m.	AEROBICS RM IN USE: 2:45-3:15 p.m.	AEROBICS RM IN USE: 2:45-3:15 p.m.		
4 p.m.							
5 p.m.	CYCLING 5-6 p.m.	INTERVAL MIX 5-6 p.m.	CYCLING 5-6 p.m.	YOGA 5-6:15 p.m.			
6 p.m.	YOGA 6:15-7:30 p.m.		SLOW FLOW YOGA 6:15-7:15 p.m.	ZUMBA FUSION 6:30-7:15 p.m.			
7 p.m.		AIKIDO 6-8 p.m.					
8 p.m.		JUDO* 7:45-8:45		JUDO* 7:45-8:45 p.m.			
9 p.m.							

**KEY**

- AEROBICS ROOM
- GYMNASIUM
- 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? Contact Wellness Director Karen Ela at (207) 443-4112 x27 or email karen@bathymca.org.

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

# CLASS DESCRIPTIONS

## CARDIO & STRENGTH

### BALANCE & CORE (Robin N.)

Focus on functional movements to develop core strength & stability as you build muscular endurance, coordination & balance. A great low-impact class to work your entire body.

### BARRE ABOVE (Bea)

A fusion of several disciplines, including Pilates & strengthening exercises done by dancers. This low-impact total body workout improves muscular endurance & strength, develops balance & postural alignment lengthening the body's musculature.

### CARDIO BOXING (Leon)

A challenging cardiovascular workout focusing on the fundamentals of boxing, i.e. stance, footwork, heavy bag, speed bag work & more.

### CARDIO + CORE (Robin N.)

Use a combination of bodyweight exercises & weights to challenge & strengthen core muscles, while incorporating cardio moves.

### CARDIO + CORE + STRENGTH (Robin N.)

In this ever-changing format, expect muscular strength & endurance, cardio, core, & agility work designed to improve overall fitness & well-being.

### CRAZY MORNING CIRCUIT (Karen)

A challenging total body workout that improves muscular endurance & power, utilizing HIIT (high intensity interval) circuits.

### CYCLING (Cindy, Jeni, Jenn & Mark)

Fun, low impact cycling workout set to music for all levels of fitness. If new to class, it is recommended you arrive 10 minutes early for your first class so that the instructor can get you set up on your bike.

### ESSENTIAL MOVEZ (Karen)

Low impact class designed to functionally strengthen the core musculature while improving balance, joint flexibility & muscular flexibility. "A jolt of WD-40 for every joint in the body!"

### INTERVAL MIX (Karen & Robin T.)

A high energy, total body workout, utilizing varying intervals of cardio, muscular strength & endurance, as well as core work. Challenging and fun!

### INTRO TO STEP & STRENGTH (Cindy)

Easy to follow step aerobics class paired with a 15 minute core workout derived from physical therapy. Perfect for beginners!

### LIVESTRONG (Erica, Karen & Kevin)

A free 12 week research based exercise & well-being class designed to help adult cancer survivors reclaim their total health. Sign up is required to participate in this amazing program. FMI contact Erica Lozier at [erica@bathymca.org](mailto:erica@bathymca.org).

### JUDO (Jim)

An Olympic sport & martial art similar to wrestling with take-downs and holds. The focus of this class will be on learning self-defense skills while boosting strength, cardio fitness & confidence. **This is an extra fee class.**

### POWER STEP (Robin N.)

60 minutes of fast paced, choreographed step aerobics. Fun & upbeat!

### SILVER FIT 2.0 (Joe & Karen)

A complete body workout for active older adults. Uses free weights & resistance tubing to improve muscular strength & endurance. Core, balance & flexibility training also included in this fun class.

### SILVER FIT 1.0 (Joe & Karen)

Similar to 2.0 with a more moderate routine & pace.

### ZUMBA (Bea)

A super fun dance fitness class for all levels. A complete workout of cardio, muscle conditioning & coordination, flexibility & balance. Exercise disguised as a dance party!

### ZUMBA FUSION (Bea)

Zumba dance fitness class with a little bit of Pound, a fitness drumming workout designed to boost your cardio, while conditioning the entire body! Something a little different, but super fun!

## MIND & BODY

### AIKIDO (Wesley)

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

### CHAIR YOGA (Sara)

This gentle form of yoga is practiced on a chair or standing while using a chair as support. Utilizing breath & movement, this class will address balance & flexibility, while leaving you renewed & refreshed.

### PILATES (Dennis)

A mat exercise routine designed to strengthen deep core muscles, while lengthening the body's musculature & improving postural alignment; all level class.

### SLOW FLOW YOGA (Sara)

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.

### TAI CHI CHUAN (Bill)

An ancient, Chinese tradition, utilizing an intricate set of linked movements to enhance balance, overall fitness & longevity. When executed properly, the mind & the body will benefit from this highly dynamic workout.

### VINYASA YOGA (Melinda)

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

### YIN YOGA (Sara)

Slow-paced style of yoga where asanas are held for a longer period of time in order to decrease tension deeply engrained in our muscles. Expands flexibility & when combined with focused breath work, can invigorate energy centers in the body. Great for beginners & perfect for athletes. And effective for everyone in between!

### YOGA (Gabrielle & Amanda)

A moderate level of yoga practice with a focus on alignment, balance & breath work, while holding classic asanas of the standing, seated & twisting variety. With regular practice, yoga can increase muscular strength & flexibility, while also quieting the mind & bringing balance to all areas of life.

### YOGALATES (Ann)

Yoga & Pilates come together in an amazing low-impact workout focused on improving core strength, balance & overall flexibility.