



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH OUTDOOR & VIRTUAL FITNESS SCHEDULE

Week of June 22-26

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			HEART DANCE <i>with Maggie</i> 8 a.m.				
		STEP & CORE <i>with Cindy</i> 8:30 a.m.			STEP & CORE <i>with Cindy</i> 8:30 a.m.		
SILVER FIT <i>with Duke</i> 9 a.m.	TAI CHI <i>with Bill</i> 9 a.m.	WALKING GROUP <i>with Staff</i> 9 a.m.	SILVER FIT <i>with Karen</i> 9 a.m.	WALKING GROUP <i>with Staff</i> 9 a.m.	ZUMBA <i>with Bea</i> 9 a.m.	SLOW FLOW YOGA <i>with Sara</i> 9 a.m.	
			SLOW FLOW YOGA <i>with Sara</i> 10 a.m.		BARRE ABOVE <i>with Bea</i> 10:15 a.m.		
		VINYASA YOGA* <i>with Melinda</i> 10:30 a.m.		VINYASA YOGA <i>with Melinda</i> 10:30 a.m.			
KRIPALU YOGA <i>with Gabrielle</i> 4 p.m.							

KEY

- OUTDOOR
- FACEBOOK LIVE
- ZOOM

Register for outdoor classes at bathymca.org/register/ 24 hours in advance or email karen@bathymca.org.

Join our Facebook group or view Zoom links at bathymca.org/virtual/.

If there is inclement weather, classes and walking groups will be cancelled. *Select classes will be taught virtually.