



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

**KEY**

- OUTDOOR
- FACEBOOK LIVE
- ZOOM

Register for outdoor classes at [bathymca.org/register/](https://bathymca.org/register/) 24 hours in advance or email [karen@bathymca.org](mailto:karen@bathymca.org).

Join our Facebook group or view Zoom links at [bathymca.org/virtual/](https://bathymca.org/virtual/).

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