the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH OUTDOOR & VIRTUAL FITNESS SCHEDULE

Week of July 20-24

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