



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING OUTDOOR & VIRTUAL FITNESS SCHEDULE

Week of July 13-18

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|---|--------|
| | TAI CHI <i>with Bill</i> 7 a.m. | | | | | |
| | POP PILATES <i>with Daneem</i> 8:30 a.m. | | | | | |
| BARRE ABOVE <i>with Ida</i> 9:30 a.m. | | GENTLE YOGA* <i>with Sue Kelly</i> 9:30 a.m. | BARRE <i>with Daneem</i> 9:30 a.m. | MAINE MUSCLES* <i>with Rebecca</i> 9:30 a.m. | | |
| SILVER STRONG <i>with Angie S.</i> 10 a.m. | PARKINSON'S <i>with Angie S.</i> 10 a.m. | | WALKING & LUNCH <i>with Angie S.</i> 10 a.m. | SILVER STRONG <i>with Angie S.</i> 10 a.m. | YOGA <i>with Celia</i> 10 a.m. | |
| | | SILVER STRONG <i>with Staff</i> 11 a.m. | MINDFUL MOBILITY <i>with Angie S.</i> 11 a.m. | CHAIR YOGA <i>with Sue Kelly</i> 11 a.m. | | |
| | FUNCTIONAL MOVEMENT <i>with Rebecca</i> 12 p.m. | | | | | |
| | | ZUMBA <i>with Bea</i> 5:30 p.m. | POP PILATES* <i>with Daneem</i> 5:30 p.m. | | | |

KEY
OUTDOOR
FACEBOOK LIVE

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