



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANDING OUTDOOR & VIRTUAL FITNESS SCHEDULE

## Week of July 20-24

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

**KEY**

OUTDOOR

FACEBOOK LIVE

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