the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH OUTDOOR & VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SILVER FIT *with Duke* 9 a.m. **TAI CHI** *with Bill* 9 a.m.	**ESSENTIAL MOVEZ** *with Karen* 8 a.m. **STEP & CORE** *with Cindy* 8:30 a.m. **VINYASA YOGA** *with Melinda* 10:30 a.m.	**HEART DANCE** *with Maggie* 8 a.m. **SILVER FIT** *with Karen* 8 a.m. **BARRE ABOVE** *with Bea* 9 a.m. **SILVER FIT 1.0** *with Karen* 10 a.m.	**HEART DANCE** *with Maggie* 8:30 a.m. **YOGALATES** *with Ann* 9:30 a.m.	**SILVER FIT** *with Karen* 8 a.m. **STEP & CORE** *with Cindy* 8 a.m. **ZUMBA*** *with Bea* 9 a.m. **SLOW FLOW YOGA** *with Sara* 9:45 a.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.