



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		HIIT <i>with Jess</i> 7:30 a.m.		CARDIO & CORE <i>with Cindy</i> 8 a.m. (Returns October 9)		
	POP PILATES <i>with Daneem</i> 8:30 a.m.					
BARRE <i>with Daneem</i> 9:30 a.m.			ZUMBA <i>with Daneem</i> 9:30 a.m.	SLOW FLOW YOGA <i>with Sara</i> 9:45 a.m.		
		SILVER STRONG <i>with Celia</i> 11 a.m.	CHAIR YOGA <i>with Sue Kelly</i> 11 a.m.	POP PILATES <i>with Daneem</i> 11 a.m.		
	FUNCTIONAL MOVEMENT <i>with Rebecca</i> 12 p.m.					
YOGA <i>with Celia</i> 6 p.m.						

Join our Facebook group at [bathymca.org/virtual/](https://www.bathymca.org/virtual/) to access these classes. Facebook live videos will stay up for 24 hours before they are taken down. All videos will be uploaded to YouTube except for Pop Pilates and Zumba due to copyright.

Not on Facebook? Not a problem! If you're a member, email daneem@bathymca.org for access to a playlist of videos on YouTube.