



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANDING FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TAI CHI <i>with Bill</i> 7-8 a.m.					
HIIT <i>with Jess</i> 7:30-8:30 a.m.						
MAINE MUSCLES <i>with Rebecca</i> 9:45-10:45 a.m.		GENTLE YOGA <i>with Sue Kelly</i> 9:30-10:30 a.m.	BARRE <i>with Daneem</i> 9:30-10:30 a.m.	MAINE MUSCLES <i>with Rebecca</i> 9:45-10:45 a.m.		
SILVER STRONG <i>with Angie S.</i> 10-11 a.m.	PARKINSON'S <i>with Angie S.</i> 10-11 a.m.	MINDFUL MOBILITY <i>with Angie S.</i> 10-11 a.m.	WALKING & LUNCH <i>with Angie S.</i> 10-11 a.m.	SILVER STRONG <i>with Angie S.</i> 10-11 a.m.		
		TOTAL BODY TRAINING <i>with Kelly</i> 12-1 p.m.				
		ZUMBA <i>with Bea</i> 5:30-6:30 p.m.	POP PILATES <i>with Daneem</i> 5:30-6:30 p.m.			

KEY

- AEROBICS RM (Limit 5)
- GYMNASIUM (Limit 20)
- OUTDOOR

Register for classes at bathymca.org/register/ 24 hours in advance or email angie@bathymca.org.
View our virtual class schedule on the back or at bathymca.org/virtual/



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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.		
	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.