



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<b>HIIT</b> with Jess 7:30 a.m.		<b>CARDIO &amp; CORE</b> with Cindy 8 a.m.		
	<b>POP PILATES</b> with Daneem 8:30 a.m.	<b>CARDIO SCULPT</b> with Angie S. 9 a.m.				
<b>BARRE</b> with Daneem 9:30 a.m.			<b>ZUMBA</b> with Daneem 9:30 a.m.	<b>SLOW FLOW YOGA</b> with Sara 9:45 a.m.		
		<b>SILVER STRONG</b> with Karen 11 a.m.	<b>CHAIR YOGA</b> with Sue Kelly 11 a.m.	<b>POP PILATES</b> with Daneem 11 a.m.		
<b>ABS OF ENVY BY PIIT28</b> with Daneem 12 p.m.	<b>FUNCTIONAL MOVEMENT</b> with Rebecca 12 p.m.		<b>MAIN(E) MUSCLES</b> with Rebecca 12:30 p.m.			
	<b>GENTLE YOGA</b> with Sue 4 p.m.					
<b>YOGA</b> with Celia 6 p.m.						

Join our Facebook group at [bathymca.org/virtual/](https://www.facebook.com/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.



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# CLASS DESCRIPTIONS

## **ABS OF ENVY by PIIT28®**

This class hyper targets your abdominals with the best core shaping exercises during the Pilates intervals, and then leans out your abs with the cardio intervals.

## **BARRE**

This class features a total body workout using dance bars, which strengthens and lengthens the entire body to create a lean physique. Combines dance, Pilates, and yoga. All levels are welcome!

## **CARDIO + CORE**

A workout combo of body weight exercises & weights to challenge & strengthen core muscles while incorporating cardio moves.

## **CARDIO SCULPT**

A fun, fast-paced fitness class that combines cardio exercise with muscle sculpting exercise

## **CHAIR YOGA**

Chair Yoga is a gentle form of yoga that is practiced on a chair, or using a chair as support. This class helps with balance, breathing, strength, flexibility, and overall health. Set in a relaxing environment, you will leave the class refreshed and renewed.

## **FUNCTIONAL MOVEMENT**

This class is a blend of gentle, dynamic stretching and other exercises and movements to increase your energy level,

## **GENTLE YOGA**

This calming, stress-relieving yoga class will help stretch and strengthen the body by building awareness of the breath and the body.

## **HIIT**

High Intensity Interval Training is an enhanced form of interval training. It incorporates short periods of intense anaerobic exercise with less intense recovery periods.

## **MAIN(E) MUSCLES**

Learn different ways to work your muscles. This class includes super sets, dynamic sets, and more. Exercises may also include the use of dumbbells, body weight, and stability balls. This class includes a warm-up, pre and post stretch.

## **POP PILATES**

This class is an infusion of ab-chiseling and total body defining movements choreographed to upbeat, radio hits. This intense, mat-based workout will challenge you and take classical Pilates to the next level like you've never seen before.

## **SILVER STRONG**

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility. Our soundtrack is filled with your favorite tunes, and will get you up and moving.

## **SLOW FLOW YOGA**

A class that flows from gentle, opening stretches to more invigorating postures. Movement & breath come together to enhance body awareness, inner strength & mindfulness. A restorative phase will close the practice.

## **YOGA**

Yoga is a wonderful method of exercise that teaches us how to recognize when our body is under stress and how to counteract it. With regular practice, yoga improves strength and flexibility, and quiets the mind.

## **ZUMBA**

This class is the perfect combo of cardio & fun! Zumba is what started the dance fitness revolution and changed the way we look at a "workout" forever. Feel the music, have fun, and learn some new moves!

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