



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH FITNESS SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------------------------------------|---|---|--|---|--|--------|
| SILVER FIT with Staff 8-9 a.m. | SPINNING with Cindy 7:30-8:30 a.m. | SILVER FIT with Robin 8-9 a.m. | | SILVER FIT with Karen/ Duke 8-9 a.m. | CARDIO & CORE with Cindy 8-9 a.m. | |
| | CARDIO + STRENGTH + CORE with Robin 9-10:30 a.m. | BARRE ABOVE with Bea 9-10 a.m. | CARDIO + STRENGTH + CORE with Robin 9-10:30 a.m. | ZUMBA with Bea 9-10 a.m. | | |
| | VINYASA YOGA with Melinda 10:30-11:30 a.m. | SILVER FIT with Daneem 10:15-11 a.m. | GENTLE YOGA with Sue 9:30- 10:45 a.m. | | | |
| | | THE BALANCE CLASS with Daneem 11-11:30 a.m. | | | | |
| | | CHAIR YOGA with Sue 11:30-12:30 p.m. | | | | |
| | | ZUMBA with Bea 5:30-6:30 p.m. | | | | |

KEY

AEROBICS RM

GYMNASIUM

*Instructors may choose to bring classes outdoors, weather permitting.

Don't forget to join our Facebook group at [bathymca.org/virtual](https://www.bathymca.org/virtual) to access more classes from home!



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CLASS DESCRIPTIONS

BARRE ABOVE

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.

CARDIO + STRENGTH + CORE

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

CARDIO SCULPT

A fun, fast-paced fitness class that combines cardio exercise with muscle sculpting exercise including the use of weights.

CHAIR YOGA

Chair Yoga is a gentle form of yoga that is practiced on a chair or uses 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.

GENTLE YOGA

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

SILVER FIT

Designed for baby boomers and beyond, this class features exercises and activities geared toward improving strength, balance, and flexibility.

SPINNING

Group cycling is a great form of exercise that is low impact on the joints. It can be as challenging as you make it because you control the resistance of the bike, making it suitable for all levels.

THE BALANCE CLASS

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. This class is designed for fall prevention and suitable for all fitness levels.

VINYASA YOGA

A flow yoga class that focuses primarily on breathing and sun salutation variations. It is a more vigorous yoga experience that is a great practice for anyone looking for a physical or mental challenge.

ZUMBA

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

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