



BATH YMCA FITNESS CLASS SCHEDULE

Fitness classes are **FREE** with membership!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RISE & SHINE with Jimmy 6-7 a.m.	INDOOR CYCLING with Cindy 7:30-8:30 a.m.	RISE & SHINE with Jimmy 6-7 a.m.	INDOOR CYCLING with Rebecca 7:30-8:30 a.m.	RISE & SHINE with Jimmy 6-7 a.m.	INDOOR CYCLING with Rebecca 7:30-8:30 a.m.
SENIOR STRONG with Robin 8-9 a.m.	CORE & BALANCE with Robin 8:15-8:45 a.m.	SENIOR STRONG with Robin 8-9 a.m.	CORE & BALANCE with Robin 8:15-8:45 a.m.	SENIOR STRONG with Robin 8-9 a.m.	NEW! JACK'S BOXING with Leon 8:30-10:30 a.m.
ADVANCED TAI CHI with Bill 9:30-10:30 a.m.	GENTLE YOGA with Sue 9-10:15 a.m.	BARRE ABOVE with Bea 9-10 a.m.	GENTLE YOGA with Sue 9:15-10:30 a.m.	CARDIO & CORE with Cindy 8-9 a.m.	YOGA with Maya 11 a.m.-12 p.m.
BEGINNER TAI CHI with Bill 10:30-11:30 a.m.	CARDIO + STRENGTH + CORE with Robin/Carla 9-10:15 a.m.	SENIOR STRONG with Daneem 10:15-11 a.m.	CARDIO + STRENGTH + CORE with Robin/Carla 9-10:15 a.m.	ZUMBA with Bea 9-10 a.m.	
SENIOR STRONG with Joe 10:30-11:30 a.m.	VINYASA YOGA with Melinda 10:30-11:30 a.m.	THE BALANCE CLASS with Daneem 11-11:30 a.m.	VINYASA YOGA with Melinda 10:45-11:45 a.m.	SENIOR STRONG with Joe 10:30-11:30 a.m.	
LIVESTRONG* with Robin & Molly 11:30 a.m.-1 p.m. *Preregistration required	PILATES with Robin 12-1 p.m.	LIVESTRONG* with Robin & Molly 11:30 a.m.-1 p.m. *Preregistration required	PILATES with Robin 12-1 p.m.		
		NEW! DANCEABILITY with Michaela 1-2 p.m.			
NEW! HAPPY HOUR CIRCUIT with Jimmy 4:15-5:15 p.m.	CARDIO KICKBOXING CIRCUIT with Ida 5-6 p.m. NEW!	NEW! HAPPY HOUR CIRCUIT with Jimmy 4:15-5:15 p.m.	CARDIO KICKBOXING CIRCUIT with Ida 5-6 p.m. NEW!	NEW! HAPPY HOUR CIRCUIT with Jimmy 4:15-5:15 p.m.	
POP PILATES with Daneem 5:30-6:30 p.m.	INDOOR CYCLING with Jenn 6-7 p.m.	ZUMBA with Bea 5:30-6:30 p.m.	INDOOR CYCLING with Rebecca 6-7 p.m.		

KEY

- AEROBICS RM
- GYMNASIUM
- OUTDOOR

PLUS check out the aquatic fitness classes on our pool schedules – water aerobics, HIIT classes, water walking & more!
View all of our schedules at bathymca.org/schedules.

Updated 11/3/23



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. All levels are welcome!

CARDIO KICKBOXING CIRCUIT

A high-energy circuit class combining martial arts techniques with fast paced cardio stations. This class offers a fun and challenging workout for beginners and elite athletes alike!

CARDIO + STRENGTH + CORE

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

CORE & BALANCE

Designed to help you become stronger and improve balance. The movements will focus on specific exercises to improve core strength and power around the ankle, knee, and hip joints.

DANCEABILITY **NEW!**

Danceability is a dance form designed to be accessible to EVERYONE! This inclusive class is a chance to move in a way that feels good to you while learning how to improvise.

GENTLE YOGA

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

HAPPY HOUR CIRCUIT

Wrap up your work day with this circuit style class that is designed to help burn fat, build/ improve strength, muscular endurance, endurance, balance and flexibility. This is a total body workout, which includes a warm-up, dynamic stretching, cool down and post workout stretch.

JACK'S BOXING **STARTING 11/4**

This Y favorite winter class returns November 4! No equipment is needed for the class, which is for all levels and covers: stance, proper punching mechanics, wrapping hands, defensive guards, safety, speed bags, and various conditioning drills.

PILATES

Pilates is a system of controlled exercises done on a mat, blending strength and flexibility training. The class targets core strengthening, as well as improving overall fitness.

POP PILATES

An infusion of ab-chiseling and total body defining movements set to upbeat, pop hits. Take classical Pilates to the next level!

RISE & SHINE

A circuit-style class designed to burn fat and build strength, muscle endurance, flexibility, coordination & stamina. Target all muscle groups, from head to toe, and front to back, and end with a long, deep stretch.

SENIOR STRONG (FORMERLY SILVER FIT)

A complete body workout for active older adults. We use free weights and resistance bands to improve muscular strength and endurance. Core, balance and flexibility training also included in this fun class.

INDOOR CYCLING

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!

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 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.

YOGA

A moderate level of yoga practice with a focus on alignment, balance & breath work, while holding classic asanas of the standing, seated & twisting variety. With regular practice, yoga can increase muscular strength & flexibility, while also quieting the mind & bringing balance to all areas of life.

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!

PLUS sign up at [YMCA360.org](https://www.ymca360.org) to access free live and on-demand virtual classes!

All group exercise classes are free for members unless stated otherwise. Check out the Aquatic fitness classes on our pool schedules!