BATH YMCA FITNESS SCHEDULE

Updated 7/26/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RISE & SHINE with Jimmy 6 – 7am	**INDOOR CYCLING** with Cindy 7:30 – 8:30am	**RISE & SHINE** with Jimmy 6 – 7am	**INDOOR CYCLING** with Rebecca 7:30 – 8:30am	**RISE & SHINE** with Jimmy 6 – 7am	**INDOOR CYCLING** with Rebecca 7:30 – 8:30am
FOREVER FIT PLUS 8 – 9am	**CORE & BALANCE** 8:15 – 8:45am	**FOREVER FIT PLUS** 8 – 9am	**CORE & BALANCE** 8:15 – 8:45am	**FOREVER FIT PLUS** 8 – 9am	**KARATE** (ages4 – 9) 8:45 – 9:45am
ADVANCED TAI CHI with Bill 9:30 – 10:30am	**GENTLE YOGA** with Sue 9–10:15am **CARDIO + STRENGTH + CORE** 9–10:15am	**BARRE ABOVE** with Bea 9 – 10am	**GENTLE YOGA** with Sue 9–10:15am **CARDIO + STRENGTH + CORE** 9–10:15am	**ZUMBA** with Bea 9 – 10am	**KARATE** (ages 10+) 9:45 – 10:45am
BEGINNER TAI CHI with Bill 10:30 – 11:30am **FOREVER FIT** with Joe 10:30 – 11:30am	**VINYASA YOGA** with Melinda 10:30 – 11:30am	**FOREVER FIT** with Daneem 10:30 – 11:15am	**VINYASA YOGA** with Melinda 10:45 – 11:45am	**FOREVER FIT** with Joe 10:30 – 11:30am	
	PILATES with Daneem 12 – 1pm	**THE BALANCE CLASS** with Daneem 11:15 – 11:45am	**PILATES** with Daneem 12 – 1pm		
HAPPY HOUR CIRCUIT with Jimmy 4:15 – 5:15pm	**CARDIO KICKBOXING** with Ida 5 – 6pm	**HAPPY HOUR CIRCUIT** with Jimmy 4:15 – 5:15pm	**BARRE ABOVE** with Ida 5 – 6pm	**HAPPY HOUR CIRCUIT** with Jimmy 4:15 – 5:15pm	
POP PILATES with Daneem 5:30 – 6:30pm		**ZUMBA** with Bea 5:30 – 6:30pm		**KARATE** (ages 10+) 6 – 7pm	

KEY

- AEROBICS ROOM
- GYMNASIUM
- OUTDOOR*

*Outdoor classes are seasonal and weather dependent. Check with the instructor on location, otherwise classes are held in the aerobics room.

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.

DANCEABILITY
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.

KARATE
Learn self-defense through traditional Okinawan Shorin-Ryu Karate. This program is accessible to students both new and experienced alike. Pre-registration required.

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.

FOREVER FIT (Formerly Senior Strong)
Offered both seated and/or standing, this light intensity class focuses on cardio, strength and flexibility exercises appropriate for active older adults.

FOREVER FIT PLUS (Formerly Senior Strong)
A total body workout. A combination of cardio and free weight exercises 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!

TAI CHI
An intricate set of linked poses developed in China to embrace balance, fitness, and longevity. It is a highly dynamic, yet relaxed, movement that appears simple, fluid, and soft. Beginner and intermediate classes available.

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!

All group exercise classes are free for members and drop-in unless stated otherwise.