



# BATH YMCA FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

RISE & SHINE 6 - 7am		GROUP POWER 6:15 - 7:15am		RISE & SHINE 6 - 7am		GROUP POWER 6:15 - 7:15am		RISE & SHINE 6 - 7am		
		INDOOR CYCLING 7:30 - 8:45am				INDOOR CYCLING 7:30 - 8:45am				INDOOR CYCLING 7:30 - 8:30am
FOREVER FIT+ 8 - 9am		CORE & BALANCE 8:15 - 8:45am		FOREVER FIT+ 8-9am		CORE & BALANCE 8:15 - 8:45am		LOW IMPACT AEROBICS 8 - 9am		GROUP POWER 8:45 - 9:45am
		GENTLE YOGA 9 - 10:15am		BARRE ABOVE 9 - 10am		GENTLE YOGA 9 - 10:15am		CARDIO + STRENGTH + CORE 9 - 10:15am		ZUMBA 9 - 10am
ADVANCED TAI CHI 9:30 - 10:30am				FOREVER FIT 10:15 - 11am						Jack's Boxing with Leon (Begins 11/1) 10am - 12pm
FOREVER FIT 10:30 - 11:30am	BEGINNER TAI CHI 10:30 - 11:30am	VINYASA YOGA 10:30 - 11:30am		THE BALANCE CLASS 11 - 11:30am		VINYASA YOGA 10:45- 11:45am		FOREVER FIT 10:30 - 11:30am		
		PILATES 12 - 1pm				PILATES 12 - 1pm				
		LIVESTRONG 1 - 2pm				LIVESTRONG 1 - 2pm				
HAPPY HOUR CIRCUIT 4:15 - 5:15pm		TOTAL BODY STRENGTH 5 - 6pm		HAPPY HOUR CIRCUIT 4:15 - 5:15pm		BARRE ABOVE 5 - 6pm		HAPPY HOUR CIRCUIT 4:15 - 5:15pm		
YOGA 5:30 - 6:30pm				ZUMBA 5:30 - 6pm						

**KEY**

AEROBICS ROOM

GYMNASIUM



# 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 + 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.

## TOTAL BODY STRENGTH

Build strength and mobility with this total body workout. Increase flexibility, improve balance and strengthen your heart in this never boring workout! All levels welcome. Formerly Kickboxing circuit.

## 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.

## GENTLE YOGA FOR HEALTHY AGING

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

## GROUP POWER

Group Power is a one-hour, cutting-edge strength training workout combining traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, a step, heart-pounding music, and expert coaching. Due to limited class sizes, preregistration is required.

## 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

This Y favorite winter class returns November 1! 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.

## 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.

## 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.**