



# BATH YMCA FITNESS SCHEDULE

Updated 3/3/26

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
RISE & SHINE with Jimmy 6 - 7am		GROUP POWER with Rebecca 6:15 - 7:15am		RISE & SHINE with Jimmy 6 - 7am		GROUP POWER with Rebecca 6:15 - 7:15am		RISE & SHINE with Jimmy 6 - 7am			
		INDOOR CYCLING with Cindy 7:30 - 8:30am*				INDOOR CYCLING with Jenn 7:30 - 8:30am*				INDOOR CYCLING with Rebecca 7:30 - 8:30am	
FOREVER FIT+ with Robin 8 - 9am		CORE & BALANCE with Robin 8:15 - 8:45am		FOREVER FIT+ with Robin 8-9am		CORE & BALANCE with Robin 8:15 - 8:45am		LOW IMPACT AEROBICS with Cindy 8 - 9am		GROUP POWER with Rebecca 8:45 - 9:45am	
		GENTLE YOGA 9 - 10:15am		BARRE ABOVE with Ida 9:15 - 10:15am		GENTLE YOGA 9 - 10:15am		CARDIO + STRENGTH + CORE with Robin 9 - 10:15am		ZUMBA with Ida 9:15 - 10:15am	
ADVANCED TAI CHI with Bill 9:30 - 10:30am				FOREVER FIT with Ida 10:15 - 11am						Jack's Boxing with Leon 10am - 12pm	
FOREVER FIT with Joe 10:30 - 11:30am	BEGINNER TAI CHI with Bill 10:30 - 11:30am	VINYASA YOGA with Melinda 10:30 - 11:30am		THE BALANCE CLASS with Ida 11 - 11:30am		VINYASA YOGA with Melinda 10:45 - 11:45am		FOREVER FIT with Joe 10:30 - 11:30am			
GROUP POWER with Vanessa 12 - 1pm		PILATES with Daneem 12 - 1pm		UPLIFT with Vanessa 12 - 1pm		PILATES with Daneem 12 - 1pm		LIVESTRONG Pre-registration required 12 - 1pm			
				DANCEABILITY with Vanessa 12 - 1pm							
HAPPY HOUR CIRCUIT with Jimmy 4:15 - 5:15pm		UPLIFT with Vanessa 4:30 - 5:30pm		HAPPY HOUR CIRCUIT with Jimmy 4:15 - 5:15pm				HAPPY HOUR CIRCUIT with Jimmy 4:15 - 5:15pm			
YOGA with Jean 5:30 - 6:30pm		JAM with Ida 5:30 - 6:30pm		ZUMBA with Bea 5:30 - 6:30pm		BARRE ABOVE with Ida 5:30 - 6:30pm					

**KEY**

AEROBICS ROOM

GYMNASIUM

\*Please allow 15 minutes after class for cleaning and transitioning.



# 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**

A dance class designed to be accessible to everyone. This inclusive class is a chance to move in a way that feels good to you while learning 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.

## **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!

## **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.

## **JAM (Just Awesome Music)**

A dynamic class that combines the heart-pumping fun of functional mobility and strength training set to motivational music.

## **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.

## **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.

## **UPLIFT**

A strength training class to iconic music to create a fun and engaging workout. Classes use a variety of equipment including hand weights, bands and a mini ball to target all muscle areas.

## **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.**