



BATH YMCA FITNESS SCHEDULE

Updated 8/3/26

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

FOREVER FIT+
with Robin
8 – 9am

INDOOR CYCLING
with Cindy
7:30 – 8:30am*

CORE & BALANCE
with Robin
8 – 8:45am

FOREVER FIT+
with Robin
8-9am

INDOOR CYCLING
with Jenn
7:30 – 8:30am*

CORE & BALANCE
with Robin
8:15 – 8:45am

LOW IMPACT AEROBICS
with Cindy
8 – 9am

INDOOR CYCLING
with Rebecca
7:30 – 8:30am

GROUP POWER
with Rebecca
8:45 – 9:45am

ADVANCED TAI CHI
with Bill
9:30 – 10:30am

GENTLE YOGA
9 – 10:15am

CARDIO + STRENGTH + CORE
with Robin
9 – 10am

BARRE ABOVE
with Ida
9:15 – 10:15am

GENTLE YOGA
with Sue
9:15 – 10:30am

CARDIO + STRENGTH + CORE
with Robin
9 – 10:15am

ZUMBA
with Ida
9:15 – 10:15am

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

FOREVER FIT
with Ida
10:15 – 11am

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

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

BARRE ABOVE
with Ida
5:30 – 6:30pm

ZUMBA
with Bea
5:30 – 6:30pm

BARRE ABOVE
with Ida
5:30 – 6:30pm

YOGA
with Jean
5:30 – 6:30pm

KEY

AEROBICS ROOM

GYMNASIUM

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