



BATH YMCA FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

RISE & SHINEwith Jimmy
6 - 7am**FOREVER FIT+**with Robin
8 - 9am**ADVANCED TAI CHI**with Bill
9:30 - 10:30am**TAI CHI**with Bill
10:30 - 11:30am**FOREVER FIT**with Joe
10:30 - 11:30am**GROUP POWER**with Vanessa
12:00 - 1:00pm**HAPPY HOUR CIRCUIT**with Jimmy
4:15 - 5:15pm**GROUP POWER**with Rebecca
6:15 - 7:15am**INDOOR CYCLING**with Cindy
7:15 - 8:15am**CORE & BALANCE**with Carla
8:15 - 9:00am**GENTLE YOGA**with Sue
9:00 - 10:15am**CARDIO + STRENGTH**+ CORE
with Robin
9-10:15am**VINYASA YOGA**with Melinda
10:30 - 11:30am**PILATES**with Daneem
12:00 - 1:00pm**UPLIFT**with Vanessa
4:30 - 5:30pm**BARRE**with Ida
5:30 - 6:30pm**RISE & SHINE**with Jimmy
6 - 7am**FOREVER FIT+**with Robin
8:00 - 9:00am**FOREVER FIT**with Ida
10:15 - 11:00am**BALANCE CLASS**with Ida
11:00 - 11:30am**UPLIFT**with Vanessa
12:00 - 1:00pm**YOGA (Starts 9/16)**with Jean
4:00 - 5:00pm**HAPPY HOUR CIRCUIT**with Jimmy
4:15 - 5:15am**ZUMBA**with Bea
5:30 - 6:30pm**GROUP POWER**with Rebecca
6:15 - 7:15am**INDOOR CYCLING**with Jenn
7:15 - 8:15am**CORE & BALANCE**with Carla
8:15 - 9:00am**GENTLE YOGA**with Sue
9:15 - 10:30am**CARDIO + STRENGTH**+ CORE
with Robin
9-10:15am**VINYASA YOGA**with Melinda
10:45 - 11:45am**PILATES**with Daneem
12:00 - 1:00pm**BARRE**with Ida
5:30 - 6:30pm**RISE & SHINE**with Jimmy
6 - 7am**LOW-IMPACT AEROBICS**with Cindy
8:00 - 9:00am**ZUMBA**with Ida
9:15 - 10:15am**FOREVER FIT**with Joe
10:30 - 11:30am**INDOOR CYCLING**with Rebecca
7:30 - 8:30am**GROUP POWER**with Rebecca
8:45 - 9:45am**FLOW STRONG**with Aaron
9:00 - 10:00am**YOGA FOR BEGINNERS**with Jody
10:30 - 11:30am

KEY

AEROBICS ROOM

STUDIO

GYM*



CLASS DESCRIPTIONS

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.

BARRE

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.

FLOW STRONG

A beginner-friendly class designed to help you build strength move better, and improve your conditioning. You'll learn foundational kettleball movements and how to integrate them into functional kettleball flows.

FOREVER 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.

FOREVER FIT+

This total body workout is a combination of cardio and free weight exercises to improve muscular strength and endurance. Core balance and flexibility training also are included in this fun class.

GENTLE YOGA

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

GROUP POWER

This cutting-edge class combines traditional strength training with full-body innovative exercises using adjustable barbells, weight plates, exercise steps, heart-pounding music, and expert coaching.

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!

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. Targets all muscle groups, from head to toe, and front to back, and end with a long, deep stretch.

ADVANCED TAI CHI & 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.

UPLIFT

A strength training class set to iconic music used to create a fun and engaging workout. Classes use a variety of equipment including dumbbells, bands, and a miniball to target all muscle groups.

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.

YOGA FOR BEGINNERS

This six-week series will help those new to yoga learn the foundational poses all while building flexibility, strength, and ease of movement. This class encourages the use of props as needed to help participants experience the key actions and benefits of each new pose.

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.