

Bath Y

Group Exercise Schedule

Day	Time	Class	Instructor	Location
Monday	6:00–7:00 AM	Rise & Shine	Jimmy	Aerobics Room
Monday	8:00-9:00 AM	Forever Fit +	Robin	Aerobics Room
Monday	9:30-10:30 AM	Advanced Tai Chi	Bill	Aerobics Room
Monday	10:30-11:30 AM	Tai Chi	Bill	Aerobics Room
Monday	10:30-11:30 AM	Forever Fit	Joe	Studio
Monday	12:00-1:00 PM	Group Power	Vanessa	Aerobics Room
Monday	4:15-5:15 PM	Happy Hour Circuit	Jimmy	Aerobics Room
Tuesday	6:15-7:15 AM	Group Power	Rebecca	Aerobics Room
Tuesday	7:15-8:15 AM	Indoor Cycling	Cindy	Aerobics Room
Tuesday	8:15-9:00 AM	Core & Balance	Carla	Aerobics Room
Tuesday	9:00-10:15 AM	Gentle Yoga	Sue	Aerobics Room
Tuesday	9:00-10:15 AM	Cardio+Strength+Core	Robin	Studio
Tuesday	10:30-11:30 AM	Vinyasa Yoga	Melinda	Aerobics Room
Tuesday	12:00-1:00 PM	Pilates	Daneem	Aerobics Room
Tuesday	4:30-5:30 PM	Uplift	Vanessa	Aerobics Room
Tuesday	5:30-6:30 PM	Barre (Current class)	Ida	Aerobics Room
Tuesday	5:30-6:30 PM	Barre Functional Fusion (BFF)(Start date: 10/06)	Ida	Aerobics Room
Tuesday	6:40-7:10 PM	Roll With It (Start date: 10/06)	Ida	Studio
Wednesday	6:00–7:00 AM	Rise & Shine	Jimmy	Aerobics Room
Wednesday	8:00-9:00 AM	Forever Fit +	Robin	Aerobics Room
Wednesday	9:15-10:15 AM	Barre Functional Fusion (BFF)(Start date: 10/07)	Ida	Aerobics Room
Wednesday	10:15-11:00 AM	Forever Fit	Ida	Aerobics Room
Wednesday	11:00-11:30 AM	The Balance Class	Ida	Aerobics Room

Wednesday	12:00-1:00 PM	Uplift	Vanessa	Aerobics Room
Wednesday	4:15-5:15 PM	Happy Hour Circuit	Jimmy	Aerobics Room
Wednesday	4:00-5:00 PM	Yoga (Start date: 09/16)	Jean	Studio
Wednesday	5:30-6:30 PM	Zumba	Bea	Aerobics Room
Thursday	6:15-7:15 PM	Group Power	Rebecca	Aerobics Room
Thursday	7:15-8:15 AM	Indoor Cycling	Jenn	Aerobics Room
Thursday	8:15-9:00 AM	Core & Balance	Carla	Aerobics Room
Thursday	9:15-10:30 AM	Gentle Yoga	Sue	Aerobics Room
Thursday	9:00-10:15 AM	Cardio+Strength+Core	Robin	Studio
Thursday	10:45-11:45 AM	Vinyasa Yoga	Melinda	Aerobics Room
Thursday	12:00-1:00 PM	Pilates	Daneem	Aerobics Room
Thursday	5:30 -6:30 PM	Barre (Current class)	Ida	Aerobics Room
Thursday	5:30-6:30 PM	Barre Functional Fusion(BFF)(Start date: 10/08)	Ida	Aerobics Room
Thursday	6:40-7:10 PM	Roll With It (Start date: 10/08)	Ida	Studio
Friday	6:00-7:00 AM	Rise & Shine	Jimmy	Aerobics Room
Friday	8:00-9:00 AM	Low Impact Aerobics	Cindy	Aerobics Room
Friday	9:15-10:15 AM	Zumba	Ida	Aerobics Room
Friday	10:30-11:30 AM	Forever Fit	Joe	Aerobics Room
Saturday	7:30-8:30 AM	Indoor Cycling	Rebecca	Aerobics Room
Saturday	8:45-9:45 AM	Group Power	Rebecca	Aerobics Room
Sunday	9:00-10:00 AM	Flow Strong	Aaron	Aerobics Room
Sunday	10:30-11:30 AM	Yoga For Beginners (Start date: 09/13)	Jody	Aerobics Room

Class Descriptions

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 +

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.

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 flow class designed to help you build strength, move better, and improve your conditioning. You'll learn foundational kettlebell movements and how to integrate them into functional kettlebell flows.

Forever Fit

Offered both seated and/or standing, this light intensity class focuses on cardio, strength and flexibility exercises appropriate for active older adults.

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 equipment, class is first come.

Happy Hour Circuit

Wrap up your workday 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. This class targets core strengthening, as well as improving overall fitness.

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.

The Balance Class

Designed to help you become stronger and improve balance. The movements focus on specific exercises to improve strength and power around the ankle, knee, and hip joints. 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 dumbbells, bands and a mini ball 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 and breath work, while holding classic asanas of the standing, seated and twisting variety. With regular practice, yoga can increase muscular strength and flexibility, while also quieting the mind and 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.

Barre Functional Fusion (BFF)

A science-based class that combines ballet, Pilates, yoga and muscular endurance training into a “Barre Above Fusion” of movements with powerful results.

Roll With It

This evidence-based approach recognizes self-myofascial release as effective for improving tissue quality and mobility. Foam rolling improves mobility, reduces muscle tension, supports training recovery, and functional movement quality.