BATH YMCA FITNESS SCHEDULE

Updated 10/2/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RISE & SHINE with Jimmy 6:00 – 7:00am	**GROUP POWER** with Rebecca 6:15– 7:15am	**RISE & SHINE** with Jimmy 6:00 – 7:00am	**GROUP POWER** with Rebecca 6:15 – 7:15am	**RISE & SHINE** with Jimmy 6:00 – 7:00am	**INDOOR CYCLING** with Rebecca 7:30 – 8:30am	**FLOW STRONG** with Aaron 9:00 – 10:00am
FOREVER FIT+ with Robin 8:00 – 9:00am	**INDOOR CYCLING** with Cindy 7:15 – 8:15am	**FOREVER FIT+** with Robin 8:00–9:00am	**INDOOR CYCLING** with Jenn 7:15–8:15am	**LOW-IMPACT AEROBICS** with Cindy 8:00 – 9:00am	**GROUP POWER** with Rebecca 8:45–9:45am	**YOGA FOR BEGINNERS** with Jody 10:30 – 11:30am
ADVANCED TAI CHI with Bill 9:30 – 10:30am	**CORE & BALANCE** with Carla 8:00–8:45am	**BARRE FUNCTIONAL FUSION** with Ida 9:15–10:15am	**CORE & BALANCE** with Carla 8:0–8:45am	**ZUMBA** with Ida 9:15 – 10:15am		
TAI CHI with Bill 10:30 – 11:30am **FOREVER FIT** with Joe 10:30 – 11:30am	**GENTLE YOGA** with Sue 9:00 – 10:15am **CARDIO + STRENGTH + CORE** with Robin 9–10:15am	**FOREVER FIT** with Ida 10:15–11:00am	**GENTLE YOGA** with Sue 9:15–10:30am **CARDIO + STRENGTH + CORE** with Robin 9–10:15am	**FOREVER FIT** with Joe 10:30 – 11:30am		
GROUP POWER with Vanessa 12:00– 1:00pm	**VINYASA YOGA** with Melinda 10:30–11:30am	**BALANCE CLASS** with Ida 11:00– 11:30am	**VINYASA YOGA** with Melinda 10:45 – 11:45am	**HAPPY HOUR CIRCUIT** with Jimmy 4:15 – 5:15pm		
HAPPY HOUR CIRCUIT with Jimmy 4:15 – 5:15pm	**PILATES** with Daneem 12:00 – 1:00pm	**UPLIFT** with Vanessa 12:00–1:00pm	**PILATES** with Daneem 12:00 – 1:00pm			
	UPLIFT with Vanessa 4:30 – 5:30pm	**YOGA** with Jean 4:00 – 5:00pm	**BARRE FUNCTIONAL FUSION** with Ida 5:30 – 6:30pm			
	BARRE FUNCTIONAL FUSION with Ida 5:30 – 6:30pm	**HAPPY HOUR CIRCUIT** with Jimmy 4:15–5:15pm	**ROLL WITH IT** with Ida 6:40 – 7:10pm			
	ROLL WITH IT with Ida 6:40 – 7:10pm	**ZUMBA** with Bea 5:30 – 6:30pm				

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 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. All levels are welcome!

CORE & BALANCE
This low-impact class will strengthen your core improving balance, flexibility, and functional movement using a varietry of exercises to enhance posture, coordinaltion, and stability.

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 sand endurance. Core balance and flexibility training also are included in this fun class.

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

GROUP POWER
A cutting-edge class combining traditional strength training with full-body innovative exercises using adjustable barbells, weight plates, exercise steps, heart-ponding music, and expert coaching.

HAPPY HOUR CIRCUIT
Wrap up your work day with this circuit-style class that is designed to help burn fat and build/ improve strength, muscular 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.

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

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 dumbells, 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.