

BATH AREA FAMILY YMCA — ADULT FITNESS CLASSES AT A GLANCE

2010 Fall Session

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5am			5:15-6:15 Group Cycling*				
6am	5:30-6 Core/Belly Workout	5:30-7 Multisport Training*		5:30-6 Core/Belly Workout			
7am			7-7:30 Splash & Dash		7-7:30 Splash & Dash	7:30-8:30 Masters Group Swim	
8am	8-9 Early Muscle Time	8-9 Early Muscle Time	8-9 Early Muscle Time	8-9 Early Muscle Time	8-9 Early Muscle Time	8-9 Cardio-Core*	
9am	8:30-9:30 Aerobic Training	9-9:45 AquaFit*	8:30-9:30 Aerobic Training	9-9:45 AquaFit*	8:30-9:30 Aerobic Training		
10am	9:30-11 Power Step/ Power Sculpt	10-10:45 Arthritis PLUS*	9:30-11 Power Step/ Power Sculpt	9-10:30 Body Sculpting	9:30-11 Power Step/ Power Sculpt		
11am	10-11 Muscle Time	10-10:45 Vinyasa Yoga*	10-11 Muscle Time	10-10:45 Arthritis PLUS*	10-11 Muscle Time		
12pm	11-12 Aqua-Ex	11-11:45 AFYAP*	11-12 Aqua-Ex	11-11:45 AFYAP*	11-12 Aqua-Ex		
1pm	11:30-12:30 Tai Chi Chuan*	12-1 Group Cycling*	12-12:45 Zumba Express*	12-1 Yoga for Active Older Adults*	12-1 Group Cycling*		
2pm							
3pm							
4pm							
5pm		5-6 Step Ahead		5-6 Step Ahead			
6pm	5:30-6:30 Group Cycling*	6:30-8 Adult Gymnastics/ Conditioning*	5-6 Pilates*	5:30-7 Multisport Training*			
7pm	6:15-7:30 Yoga*	7-7:45 H2O Aerobics*		7-7:45 H2O Aerobics*			
8pm							
	Venue Key:	Aerobics Room	Gymnasium	Main Pool	Therapy Pool	Teen Center	Multiple Venues

*Classes marked with an asterisk are Specialty classes and have an additional fee.