



ACTIVE ADULTS

At the Hamilton Area YMCA, we're committed to making sure every member of our community has access to the resources they need to incorporate exercise and wellness into their day for a healthier, happier lifestyle.

That's the concept behind our Active Adults program. These group classes are offered in fun, supportive formats, designed to meet the needs of adults that may be beginning an exercise program, have physical limitations, or are looking for low impact classes. Group exercise classes include Aquafit, Aqua Yoga, Aqua Zumba, Chair Yoga, Cycling, Gentle Yoga, Funky Fitness, Light Weight Workout, Line Dancing, Pilates, Shape Up, Steppin' EZ, Strength Training, Tai Chi, Zumba Gold, and more! Class schedules can be found on pages 16 and 17.

For more information about program descriptions, fees, and class times, contact Kailin Rockhill at 609.581.9622 ext. 140 or krockhill@hamiltonymca.org. Class schedules are also available at the JKR Branch Member Service Desk.

60 minutes	Ukulele I & II	All Members: \$80 per session or \$15 per class*
60 minutes	Glee Club*	All Members: \$40
60 minutes	Beginner Tap/Tap	Facility Members: \$87 Program Members: \$63
60 minutes	Arthritis (Water Class)	Facility Members: \$67 Program Members: \$83
45 minutes	Swim Basics	Facility Members: \$76 Program Members: \$98

CLASS	AGE	MON	TUES	WED	THU	FRI	SAT	SUN
Ukulele I & II	18+		1:00 p.m.					
Glee Club	18+				10:00 a.m.			
Beginner Tap	18+					12:00 p.m.		
Tap	18+		12:00 p.m.					
Swim Basics	18+		9:00 a.m.	5:55 p.m.	9:00 a.m. 2:00 p.m.			
Arthritis (Water)	18+		10:00 a.m.	10:00 a.m.				

*There are no senior discounts on specialty classes.