



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**HAMILTON AREA YMCA
GROUP FITNESS CLASS SCHEDULE
FALL I 2015 (9/8-10/31)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MUSCLE MIX 5:30am-6:30am Debbie- S1&S2	ZUMBA 6:00am-7:00am Nicole- DS	CYCLE & SCULPT 5:30am-6:30am Debbie- SMB	ZUMBA 6:00am-7:00am Nicole- DS	MUSCLE MIX 5:30am-6:30am Debbie- S1&S2	GROUP CYCLE 8:00am-8:45am Pat- SMB	STEP IT UP 9:15am-10:30am Clarissa- S1
GROUP CYCLE 6:30am-7:15am Debbie- SMB	INTERMEDIATE PILATES 6:30am-7:30am Bob- SMB	PILATES & STRETCH 6:30am-7:30am Bob- SMB	INTERMEDIATE PILATES 6:30am-7:30am Bob- SMB	BOKWA 6:30am-7:30am Erin/Elena- DS	ZUMBA TONING 7:30am-8:30am Nicole- DS	LINE DANCING 10:30am-11:30am Doug- S1&S2
CARDIO CRAZE 6:30am-7:30am Gia- S1&S2	STRENGTH 101 8:00am-9:00am Pat- S1&S2	BOKWA 6:30am-7:30am Liz- DS	ZUMBA 9:15am-10:00am Kristin- S1&S2	BOOT CAMP 6:30am-7:30am Gia- S1&S2	OUTDOOR BOOTCAMP 7:45am-9:00am Gia- Sawmill YMCA	CYCLE & SCULPT 9:45am-11:00am Susanne A.- SMB
WILLPOWER & GRACE 8:00am-9:00am Eileen- DS	CIRCUIT TRAINING 9:00am-10:00am Rick- S1&S2	CARDIO CRAZE 6:30am-7:30am Gia- S1&S2	ZUMBA 10:00am-11:00am Christine- S1&S2	GROUP CYCLE 6:30am-7:30am Jim- SMB	HARD CORE 9:00am-9:30am Pat- SMB	VINYASA YOGA 11:00am-12:00pm Chris- SMB
CYCLE & SCULPT 9:00am-10:00am Erica F.- SMB	ZUMBA STEP 10:00am-11:00am Karina- S1&S2	GROUP CYCLE 9:00am-10:00am Pat- SMB		STEP 9:15am-10:00am Shawn & Christine- S1&S2	ZUMBA 8:30am-9:30am Angela- S1&S2	ZUMBA 12:00pm-1:00pm Erica- S1&S2
STEP & TONE 9:15am-10:15am Christine- S1&S2		ZUMBA 10:00am-11:00am Christine- S1&S2		MUSCLE MIX 10:00am-10:45am Shawn- S1&S2	STEP & TONE 9:30am-10:30am Shawn- S1&S2	
ZUMBA 10:15am-11:00am Nicole- S1&S2		WILLPOWER & GRACE 10:00am-11:00am Eileen- DS			MAT PILATES 9:30am-10:30am Katrine- SMB	
HATHA YOGA 12:30pm-1:30pm Cheri- SMB		YIN/YANG YOGA 10:30am-11:30am Cheri- SMB			STEP IT UP 10:30am-11:45am Suzanne- S1&S2	
ZUMBA 5:00pm-6:00pm Jill- S1&S2	MUSCLE MIX 4:00pm-5:00pm Katrine- S1	DANCE & TONE 11:00am-12:00pm Karina- DS	GROUP CYCLE 5:00pm-6:00pm Annette- SMB	ZUMBA 6:00pm-7:00pm Jill- S1&S2	STRETCH & FLEX 10:30am-11:30am Katrine- SMB	
MAT PILATES 5:00pm-6:00pm Katrine- SMB	YOUTH ZUMBA 4:00pm-4:45pm Kim- S2	TOTAL BODY BALL 5:15pm-6:00pm Katrine- S2	TONE ZONE 5:00pm-6:00pm Katrine- S1	ZUMBA TONING 7:00pm-8:00pm Nicole- S1&S2	ZUMBA 11:45am-12:30pm Lisa- S1	
MUSCLE MIX 6:00pm-7:00pm Beth- S1&S2	ZUMBA 5:00pm-6:00pm Erica- S1	ZUMBA 5:15pm-6:00pm Kristin- S1	BOKWA 5:30pm-6:15pm Liz- S2	GENTLE YOGA 7:00pm-8:00pm Chris- SMB	OUTDOOR BOOT CAMPS FREE Every Saturday Morning 7:45am Sawmill YMCA Bring your friends & Family! Join our Couch to 5k Running Class to train for the RUN TO RAISE 5K! (October 24th) 6 week training program every Monday from 5:30-6:30pm beginning 9/14 Open to all levels! <i>Contact Bethann Wittig for more information</i>	
GROUP CYCLE 6:15pm-7:15pm Annette- SMB	GROUP CYCLE 5:15pm-6:15pm Susanne A.- SMB	POWER YOGA 5:15pm-6:15pm Chris- SMB	YOUTH YOGA 6:15pm-7:00pm Chris- SMB	TOTAL BODY 8:00pm-9:15pm Suzanne- S1&S2		
STEP & TONE 7:00pm-8:00pm Pat- S1&S2	ZUMBA TONING 5:15pm-6:15pm Nicole- HLC	KICK & SCULPT 6:00pm-7:00pm Beth- S1	ZUMBA 6:15pm-7:15pm Angela- S1&S2			
GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB	BACK CARE YOGA 6:15pm-7:15pm Chris- SMB	ZUMBA TONING 6:00pm-7:00pm Nicole- S2	VINYASA YOGA 7:15pm-8:15pm Chris- SMB			
ZUMBA 8:00pm-9:00pm Lisa- S2	MUSCLE MIX 6:15pm-7:15pm Karen- S1&S2	HATHA YOGA 6:30pm-7:30pm Cheri- SMB	MUSCLE MIX 7:15pm-8:15pm Karen- S1&S2			
KICK O MANIA 8:30pm-9:45pm Suzanne- S1	POWER YOGA 7:15pm-8:15pm Chris- SMB	ZUMBA 7:00pm-8:00pm Angela- S1&S2	CYCLE & SCULPT 8:15pm-9:15pm Su M.- SMB			
	H.I.I.T 7:15pm-8:00pm Kristina- S1&S2	YIN YOGA 7:45pm-8:30pm Cheri- SMB	CARDIO CRAZE 8:15pm-9:00pm Gia- S1&S2			
	HARD CORE 8:00pm-8:30pm Kristina- S1&S2	STEP IT UP 8:15pm-9:30pm Suzanne- S1&S2				
					S1=Studio 1	SMB= Spirit, Mind, Body
					S2=Studio 2	DS= Dance Studio

TURN TO OTHER SIDE FOR AOA & AQUA GROUP FITNESS CLASS SCHEDULE



AOA GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AOA STRENGTH TRAINING 8:00am-9:00am JoAnn- S1&S2	AOA CYCLING 8:00am-9:00am Theresa- SMB	AOA STRENGTH TRAINING 8:00am-9:00am Theresa- S1&S2	AOA CYCLING 8:00am-9:00am Theresa- SMB	AOA STRENGTH TRAINING 8:00am-9:00am Norine- S1&S2		
AOA GENTLE YOGA 8:00am-9:00am Cheri- SMB	AOA AQUAFIT 9:00am-10:00am Katrine- Pool	AOA SHAPE UP 11:00am-12:00pm Stacy- S1&S2	AOA PILATES & STRETCH 8:00am-9:00am Bob- S1&S2	AOA STEPPIN' EZ 9:30am-10:15am Stacy- DS		
AOA STEPPIN' EZ 9:15am-10:00am Stacy- DS	AOA ZUMBA GOLD 10:00am-10:45am Stephanie- DS	AOA LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Steph- S1&S2	AOA AQUAFIT 9:00am-10:00am Norine- Pool	AOA SHAPE UP 11:00am-12:00pm Stacy- S1&S2		
AOA BEGINNER PILATES 10:00am-11:00am Stacy- SMB	AOA STRENGTH TRAINING 11:00am-12:00pm Theresa- S1&S2	AOA BEGINNER PILATES 12:00pm-1:00pm Stacy- SMB	AOA GENTLE YOGA 9:15am-10:15am Cheri- SMB	AOA LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Steph- S1&S2		
AOA SHAPE UP 11:00am-12:00pm JoAnn- S1&S2	AOA FUNKY FITNESS 11:00am-12:00pm Stacy- DS	AOA YO CHI FUSION 1:00pm-1:45pm Stephanie- S1&S2	AOA STRENGTH TRAINING 11:00am-12:00pm Theresa- S1&S2	AOA ZUMBA GOLD 1:00pm-1:45pm Steph- S1&S2		
AOA LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Katrine- S1&S2	AOA LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Maria- S1&S2	AOA AQUA YOGA 1:00pm-2:00pm Cheri- Pool	AOA LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Katrine- S1&S2	AOA AQUAFIT 2:00pm-3:00pm JoAnn- Pool		
AOA AQUAFIT PLUS 1:30pm-2:30pm Katrine- Pool		AOA AQUAFIT 2:00pm-3:00pm Norine- Pool	AOA AQUAFIT PLUS 1:30pm-2:30pm Pool			
AOA CHAIR YOGA 2:00pm-2:45pm Cheri- S1&S2						



AQUA GROUP FITNESS CLASSES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER AEROBICS 8:00am-9:00am Norine- Pool	WATER FITNESS 8:00am-9:00am Val- Pool	WATER AEROBICS 8:00am-9:00am Norine- Pool	WATER FITNESS 8:00am-9:00am Val- Pool	WATER AEROBICS 7:30am-8:30am Val- Pool	WATER AEROBICS 8:00am-9:00am Katrine- Pool	
WATER FITNESS 9:00am-10:00am Pat M.- Pool	DEEP WATER FITNESS 9:30am-10:30am Pat M.- Pool	WATER FITNESS 9:00am-10:00am Pat M.- Pool	DEEP WATER FITNESS 9:30am-10:30am Pat M.- Pool	DEEP WATER FITNESS 9:15am-10:15am Mickie- Pool		
BACK'UATICS 2:30pm-3:00pm Katrine-Pool		DEEP WATER FITNESS 7:00pm-8:00pm Carol- Pool		BACK'UATICS 11:00am-12:00pm Katrine-Pool		
DEEP WATER FITNESS 7:00pm-8:00pm Carol-Pool						

TRY OUT OUR NEW CLASSES!!

- Cardio Craze
- willPower & grace
- Strength Training 101
- Hard Core
- Boot Camp

TURN TO OTHER SIDE FOR GROUP FITNESS CLASS SCHEDULE



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