



# HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

## FALL II SESSION (10/28/19-12/22/19)

### DAYTIME GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muscle Mix 5:30am - 6:30am Debbie - S1&S2	INTERMEDIATE PILATES 6:30am-7:30am Joe - HLC	CYCLE & SCULPT 5:30am-6:30am Pat- SMB	PILATES & STRETCH 6:30am-7:30am Joe - HLC	MUSCLE MIX 5:30am-6:30am Debbie- S1&S2	CYCLE 8:30AM-9:30AM Danielle - SMB	ZUMBA 8:00am-9:00am Nicole - S1&S2
*STRENGTH TRAINING 8:00am-9:00am S1&S2	*CYCLING 8:00am-9:00am Theresa- SMB	*CIRCUIT TRAINING 6:30am-7:15am Pat- S1&S2	*CYCLING 8:00am-9:00am Theresa- SMB	*STRENGTH TRAINING 8:00am-9:00am Norine- S1&S2	ZUMBA 8:30am-9:30am Kristen- S1&S2	POUND 8:30 am - 9:30 am Tricia - DS
CYCLE & SCULPT 9:00am-10:15am Erica F.- SMB	*GENTLE YOGA 8:00am-9:00am Cheri- HLC	PILATES & STRETCH 6:30am-7:30am Bob - HLC	PILATES & STRETCH 8:00am-9:00am Joe - HLC	*STEPPIN' EZ 9:15am-10:00am Stacy- S1&S2	H.I.I.T 9:30am - 10:15am Danielle - S1&S2	STEP 9:15am-10:30am Clarissa- S1&S2
*STEPPIN' EZ 9:15am-10:00am Stacy- S1&S2	ZUMBA 8:00am-9:00am Toni - S1&S2	*STRENGTH TRAINING 8:00am-9:00am Theresa- S1&S2	Zumba 9:00am-10:00am Antoinette - S1&S2	SOUL BODY BARRE 10:00am - 11:00am Stacy - DS	MAT PILATES 9:30am-10:30am Katrine- SMB	CYCLE & SCULPT 9:45am-11:00am Susanne A.- SMB
*SHAPE UP 10:00am-11:00pm Stacy - S1&S2	CIRCUIT TRAINING 9:00am-10:00am Stacy- S1&S2	KICKBOXING 9:00am-10:00am Erica F.- S1&S2	*GENTLE YOGA 9:15am-10:15am Cheri- SMB	MUSCLE MIX 10:00am-10:45am Karen - S1&S2	STEP 10:30am-11:45am Suzanne- S1&S2	LINE DANCING 10:30am-11:30pm Doug - S1&S2
ZUMBA 10:00am-11:00am Tatyana- DS	*ZUMBA GOLD 10:00am-10:45am Steph- S1&S2	WILLPOWER & GRACE 9:15am-10:15am Eileen- DS	BEGINNER STEP 10:00am-11:00am Sue.- S1&S2	*SHAPE UP 11:00am-12:00pm Stacy - S1&S2	STRETCH & FLEX 10:30am-11:30am Katrine- SMB	VINYASA YOGA 11:00am-12:00pm Chris- SMB
*BEGINNER PILATES 11:00am-12:00am Stacy- S1&S2	*STRENGTH TRAINING 11:00am-12:00pm Theresa- S1&S2	ZUMBA 10:00am-11:00am Toni - S1&S2	CYCLE 10:20am-11:20am Erika F.- SMB	*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Steph- S1&S2	ZUMBA 11:45am-12:30pm Toni - S1&S2	ZUMBA 11:30am-12:30pm Erica- S1&S2
*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Katrine- S1&S2	*SENIOR FUNKY FITNESS 11:00am-12:00pm Stacy - Kids Gym	*SHAPE UP 11:00am-12:00pm Stacy- S1&S2	*STRENGTH TRAINING 11:00am-12:00pm Theresa- S1&S2	*ZUMBA GOLD 1:00am - 1:45am Stephanie - S1&S2		
HATHA YOGA 12:30pm-1:30pm Cheri- SMB	*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Maria- S1&S2	BELLY DANCING 11:00am - 12:00am Katya - SMB	*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Katrine- S1&S2			
*CHAIR YOGA 2:00pm-2:45pm Cheri- S1&S2		*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Steph- S1&S2	FUSION 1:00pm - 1:45m Stephanie - S1&S2			
		*BEGINNER PILATES 12:00pm-1:00pm Stacy - SMB				
		*CHAIR YOGA 1:00pm-1:45pm Cheri- S1 &S2				

**\*LOWER IMPACT CLASSES, FORMERLY AOA**

Check Hamilton Area YMCA Health & Well-Being Facebook Page for Updates

**@HAYMCAHWB**

## EVENING GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA TONING</b> 5:15pm-6:00pm Jill - S1&S2	<b>CYCLE</b> 5:15pm-6:15pm Susanne A.- SMB	<b>TOTAL BODY BALL</b> 5:15pm-6:00pm Katrine- SMB	<b>CYCLE</b> 5:15pm-6:15pm Annette- SMB	<b>LES MILLS BODYPUMP</b> 5:00pm-6:00pm Michele- S1&S2		
<b>MAT PILATES</b> 5:00pm-6:00pm Katrine- SMB	<b>H.I.I.T &amp; CORE</b> 5:00pm-6:00pm Kristina- S1&S2	<b>ZUMBA</b> 5:15pm-6:00pm Leah - S1&2	<b>LES MILLS BODYPUMP</b> 5:00pm-6:00pm Kristina- S1&S2	<b>ZUMBA</b> 6:00pm-7:00pm Nicole - S1&S2		
<b>MUSCLE MIX</b> 6:00pm-7:00pm Beth- S1&S2	<b>BACK CARE YOGA</b> 6:15PM-7:15pm Chris- SMB	<b>KICK &amp; SCULPT</b> 6:00pm-7:00pm Beth- S1&S2	<b>ZUMBA</b> 6:15pm-7:15pm Kristin - S1&S2	<b>GENTLE YOGA</b> 7:00pm-8:00pm Chris- SMB		
<b>CYCLE</b> <b>6:00pm-7:00pm</b> Annette- SMB	<b>MUSCLE MIX</b> 6:15PM-7:15pm Karen- S1&S2	<b>ZUMBA TONING</b> 6:00pm-6:45pm Brenda - SMB	<b>VINYASA YOGA</b> 7:00pm-8:00pm Chris- SMB	<b>MUSCLE MIX</b> 7:00pm-8:15pm Suzanne- S1&S2		
<b>ZUMBA</b> 7:00pm-8:00pm Lisa- S1&S2	<b>POWER YOGA</b> 7:15pm-8:15pm Chris- SMB	<b>HATHA YOGA</b> 6:45pm-7:45pm Cheri- SMB	<b>INSANITY</b> 7:15pm-8:15pm Gia- S1&S2			
<b>GRACE MOVES YOGA</b> 7:30pm-8:30pm Chris- SMB	<b>ZUMBA</b> 7:15pm-8:15pm .Erica - S1&S2	<b>ZUMBA</b> 7:00pm-7:45pm Beth- S1&S2	<b>ZUMBA</b> 8:15pm-9:15pm Erica - S1&S2			
<b>KICK &amp; SCULPT</b> 8:00pm-9:15pm Suzanne- KG/S1&S2		<b>BELLY DANCING</b> 7:45pm-8:30pm Katya - SMB				
		<b>STEP MANIA</b> 8:30pm-9:30pm Suzanne- S1&S2				



## AQUA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WATER AEROBICS</b> 8:00am-9:00am Dave - Pool	<b>WATER FITNESS</b> 8:00am-9:00am Dave - Pool	<b>WATER AEROBICS</b> 8:00am-9:00am Katie - Pool	<b>WATER FITNESS</b> 8:00am-9:00am Dave - Pool	<b>WATER AEROBICS</b> 8:00am-9:00am Dave - Pool	<b>AQUA ZUMBA</b> 8:00am-8:45am Jill- Pool	
<b>WATER FITNESS</b> 9:00am-10:00am Barbara - Pool	<b>AQUAFIT</b> 9:00am-10:00am Dave - Pool	<b>WATER FITNESS</b> 9:00am-10:00am Peaches - Pool	<b>AQUAFIT</b> 9:00am-10:00am Katie - Pool	<b>DEEP WATER FITNESS</b> 9:15am-10:15am Mickie- Pool		
<b>DEEP WATER FITNESS</b> 9:30am-10:30am Katie - Pool	<b>DEEP WATER FITNESS</b> 9:30am-10:30am Katie - Pool	<b>CORE AQUATICS</b> 12:30pm-1:00pm Katrine-Pool	<b>DEEP WATER FITNESS</b> 10:00am-11:00am Peaches - Pool	<b>CORE AQUATICS</b> 12:30pm-1:00pm Katrine-Pool		
<b>AQUAFIT PLUS</b> 1:30pm-2:30pm Katrine- Pool	<b>AQUA ZUMBA</b> 2:00pm-2:45pm Jill- Pool	<b>AQUAFIT</b> 1:30pm - 2:30pm Peaches- Pool	<b>AQUAFIT PLUS</b> 1:30pm-2:30pm Katrine -Pool	<b>AQUAFIT</b> 2:00pm-3:00pm Peaches - Pool		
<b>CORE AQUATICS</b> 2:30pm-3:00pm Katrine-Pool	<b>AQUA ZUMBA</b> 7:15pm-8:15pm Jill- Pool	<b>DEEP WATER FITNESS</b> 7:00pm-8:00pm Carol- Pool	<b>AQUA YOGA</b> 2:30pm-3:15pm Cheri - Pool			
<b>DEEP WATER FITNESS</b> 7:00pm-8:00pm Carol-Pool						