



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

SPRING II SESSION (4/24/17 - 6/18/17)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muscle Mix 5:30am - 6:30am Debbie - S1&S2	Zumba 6:00am-7:00am Antoinette - DS	CYCLE & SCULPT 5:30am-6:30am Pat- SMB	PILATES & STRETCH 6:30am-7:30am Bob- HLC	MUSCLE MIX 5:30am-6:30am Debbie- S1&S2	BOOTCAMP 7:45am-9:00am Gia - Sawmill *Begins May 6th	ZUMBA 8:00am-9:00am Kristen M. - DS
CYCLE & SCULPT 9:00am-10:00am Erica F.- SMB	INTERMEDIATE PILATES 6:30am-7:30am Bob- HLC	LES MILLS BODYPUMP 6:30am-7:30am Sue- S1&S2	BOKWA 6:45am - 7:30 am Elena - DS	STEP 9:15am-10:00am Shawn/Christine- S1&S2	LES MILLS BODYPUMP 7:15am-8:15am Sue- S1&S2	MUSCLE MIX 8:00am-9:15am Suzanne- S1&S2
LES MILLS BODYPUMP 9:00am-10:00am Sharee - S1&S2	CIRCUIT TRAINING 9:00am-10:00am Stacy- S1&S2	PILATES & STRETCH 6:30am-7:30am Joe - HLC	ZUMBA 9:00am-10:00am Christine - S1&S2	MUSCLE MIX 10:00am-10:45am Shawn- S1&S2	ZUMBA 7:30am-8:30am Kelli - DS	STEP 9:15am-10:30am Clarissa- S1&S2
STEP & TONE 10:00am-11:00am Erica F. - S1&S2		KICKBOXING 9:00am-10:00am Erica F.- S1&S2	Dance. Dance, Dance 9:30am - 10:30am Stephanie - DS		CYCLE 8:00am-8:45am Pat- SMB	CYCLE & SCULPT 9:45am-11:00am Susanne A.- SMB
HATHA YOGA 12:30pm-1:30pm Cheri- SMB		WILLPOWER & GRACE 10:00am-11:00am Eileen- DS	KICKBOXING 10:00am-11:00am Erica F.- S1&S2		ZUMBA 8:30am-9:30am Angela- S1&S2	Line Dancing 10:30am - 11:30am Doug - S1&S2
		ZUMBA 10:00am-11:00am Christine - S1&S2			HARD CORE 8:55am-9:25am Pat- SMB	VINYASA YOGA 11:00am-12:00pm Chris- SMB
					Tabata 9:30am-10:15am Michele - S1&S2 *Begins May 6th	ZUMBA 11:30am-12:30pm Erica- S1&S2
					MAT PILATES 9:30am-10:30am Katrine- SMB	
ZUMBA TONING 5:15pm-6:00pm Jill - S1&S2	ZUMBA 5:15pm-6:15pm Angela - S1&S2	TOTAL BODY BALL 5:15pm-6:00pm Katrine- S2	CYCLE 5:00pm-6:00pm Annette- SMB	LES MILLS BODYPUMP 5:00pm-6:00pm Michele- S1&S2	STEP 10:30am-11:45am Suzanne- S1&S2	
MAT PILATES 5:00pm-6:00pm Katrine- SMB	CYCLE 5:15pm-6:15pm Susanne A.- SMB	ZUMBA 5:15pm-6:00pm Karina M - S1	LES MILLS BODYPUMP 5:00pm-6:00pm Kristina- S1&S2	ZUMBA 6:00pm-7:00pm Kristen - S1&S2	STRETCH & FLEX 10:30am-11:30am Katrine- SMB	
MUSCLE MIX 6:00pm-7:00pm Beth- S1&S2	BACK CARE YOGA 6:15PM-7:15pm Chris- SMB	Beginner YOGA 5:30pm-6:25pm Sharon W - SMB	YOUTH YOGA 6:15pm-7:00pm Chris- SMB	GENTLE YOGA 7:00pm-8:00pm Chris- SMB	ZUMBA 11:45am-12:30pm Lisa- S1&S2	
CYCLE 6:15pm-7:15pm Annette- SMB	MUSCLE MIX 6:15PM-7:15pm Karen- S1&S2	KICK & SCULPT 6:00pm-7:00pm Beth- S1	ZUMBA 6:15pm-7:15pm Angela- S1&S2			
CARDIO STEP 7:00pm-8:00pm Pat- S1&S2	POWER YOGA 7:15pm-8:15pm Chris- SMB	ZUMBA TONING 6:00pm-6:45pm Brenda - S2	VINYASA YOGA 7:00pm-8:00pm Chris- SMB			
GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB	H.I.I.T & CORE 7:15pm-8:15pm Kristina- S1&S2	HATHA YOGA 6:30pm-7:30pm Cheri- SMB	STRONG BY ZUMBA 7:15 pm - 8:15 pm Lisa S1 & S2			
ZUMBA 8:00pm-9:00pm Lisa- S2		ZUMBA 7:00pm-7:45pm Beth- S1&S2	INSANITY 8:15pm-9:15pm Gia- S1&S2			
KICK & SCULPT 8:30pm-9:45pm Suzanne- S1		LES MILLS BODYPUMP 7:45pm-8:30pm Sue-S1&S2				
		STEP MANIA 8:30pm-9:30pm Suzanne- S1&S2				
					S1=Studio 1	SMB= Spirt, Mind, Body
					S2=Studio 2	DS= Dance Studio
					HLC= Healthy Living Center	



AOA GROUP EXERCISE SCHEDULE

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- D5	AOA STEPPIN' EZ 9:30am-10:15am Stacy- D5		
AOA STEPPIN' EZ 9:15am-10:00am Stacy- D5	AOA ZUMBA GOLD 10:00am-10:45am Steph- S1&S2	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- D5	AOA CHAIR YOGA 1:00pm-1:45pm Cheri- 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 AQUAFIT 1:30pm - 2:30pm Peaches- 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 AQUA ZUMBA 2:00pm-2:45pm Jill- Pool		AOA TAI CHI 1:00pm - 2:00pm Lee S1 & S2			
AOA CHAIR YOGA 2:00pm-2:45pm Cheri- S1&S2			AOA AQUAFIT PLUS 1:30pm-2:30pm Peaches-Pool			



AQUA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WATER AEROBICS 8:00am-9:00am Norine- Pool	WATER FITNESS 8:00am-9:00am Dave - Pool	WATER AEROBICS 8:00am-9:00am Norine- Pool	WATER FITNESS 8:00am-9:00am Dave - Pool	WATER AEROBICS 8:00am-9:00am Dave - Pool	AQUA ZUMBA 8:00am-8:45am Jill- Pool	
WATER FITNESS 9:00am-10:00am Peaches - Pool	DEEP WATER FITNESS 9:30am-10:30am Norine- Pool	WATER FITNESS 9:00am-10:00am Peaches - Pool	DEEP WATER FITNESS 10:00am-11:00am Peaches - Pool	DEEP WATER FITNESS 9:15am-10:15am Mickie- Pool		
CORE AQUATICS *Limit 6 2:30pm-3:00pm Katrine-Pool	AQUA STRETCH & TONE 5:30pm-6:30pm Peaches - Pool	CORE AQUATICS *Limit 6 12:00pm-12:30pm Katrine-Pool	AQUA STRETCH & TONE 5:00pm - 6:00pm Peaches - Pool	CORE AQUATICS *Limit 6 12:00am-12:30pm Katrine-Pool		
DEEP WATER FITNESS 7:00pm-8:00pm Carol-Pool	AQUA ZUMBA 7:30pm-8:15pm Jill- Pool	DEEP WATER FITNESS 7:00pm-8:00pm Carol- Pool	AQUA ZUMBA 7:30pm-8:15pm Karina M. - Pool			