



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

WINTER SESSION (1/2/19 - 3/3/19)

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	POUND 7:15am - 8:00am Michelle - 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	ZUMBA 8:00am-9:00am Nicole - S1&S2
*GENTLE YOGA 8:00am-9:00am Cheri- SMB	CIRCUIT TRAINING 9:00am-10:00am Stacy- S1&S2	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
CYCLE & SCULPT 9:00am-10:15am Erica F.- SMB	*ZUMBA GOLD 10:00am-10:45am Steph- 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
*STEPPIN' EZ 9:15am-10:00am Stacy- S1&S2	*STRENGTH TRAINING 11:00am-12:00pm Theresa- 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
*SHAPE UP 10:00am-11:00pm Stacy - S1&S2	*SENIOR FUNKY FITNESS 11:00am-12:00pm Stacy - Kids Gym	WILLPOWER & GRACE 9:00am-10:00am Eileen- DS	KICKBOXING 10:00am-11:00am Erica F.- 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	*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Maria- S1&S2	ZUMBA 10:00am-11:00am Toni - S1&S2	*STRENGTH TRAINING 11:00am-12:00pm Theresa- S1&S2	*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		*SHAPE UP 11:00pm-12:00pm Stacy- S1&S2	*LIGHT WEIGHT WORKOUT 12:00pm-12:45pm Katrine- 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 Steph- S1&S2	LEVEL I 1:00pm - 1:45pm Lee S1 & S2			
*CHAIR YOGA 2:00pm-2:45pm Cheri- S1&S2		*BEGINNER PILATES 12:00pm-1:00pm Stacy - SMB	LEVEL II 1:45pm - 2:30pm Lee S1 & S2			
		*LINE DANCING 1:00pm-1:45pm S1 & S2				
		*CHAIR YOGA 1:00pm-1:45pm Cheri- S1 & S2				


***LOWER IMPACT CLASSES, FORMERLY AOA**

Text YMCAGROUPEX to 84483 for updates on classes!

EVENING GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA TONING 5:15pm-6:00pm Jill - S1&S2	CYCLE 5:15pm-6:15pm Susanne A.- SMB	TOTAL BODY BALL 5:15pm-6:00pm Katrine- S2	CYCLE 5:15pm-6:15pm Annette- SMB	LES MILLS BODY PUMP 5:00pm-6:00pm Michele- S1&S2		

MAT PILATES 5:00pm-6:00pm Katrine- SMB	H.I.I.T & CORE 5:15pm-6:00pm Kristina- S1&S2	ZUMBA 5:15pm-6:00pm Leah - S1	LES MILLS BODYPUMP 5:00pm-6:00pm Kristina- S1&S2	ZUMBA 6:00pm-7:00pm Nicole - S1&S2		
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	ZUMBA 6:15pm-7:15pm Kristin - S1&S2	GENTLE YOGA 7:00pm-8:00pm Chris- SMB		
CYCLE 6:00pm-7:00pm Annette- SMB	MUSCLE MIX 6:15PM-7:15pm Karen- S1&S2	KICK & SCULPT 6:00pm-7:00pm Beth- S1	VINYASA YOGA 7:00pm-8:00pm Chris- SMB	MUSCLE MIX 7:00pm-8:15pm Suzanne- 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	INSANITY 7:15pm-8:15pm Gia- S1&S2			
GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB	ZUMBA 7:15pm-8:15pm .Erica - S1&S2	HATHA YOGA 6:30pm-7:30pm Cheri- SMB	ZUMBA 8:15pm-9:15pm Erica - S1&S2			
ZUMBA 8:00pm-9:00pm Lisa- S1&S2		ZUMBA 7:00pm-7:45pm Beth- S1&S2				
KICK & SCULPT 8:30pm-9:45pm Suzanne- KG/S1&S2		STEP MANIA 8:30pm-9:30pm Suzanne- S1&S2				

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