



# 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
<b>Muscle Mix</b> 5:30am - 6:30am Debbie - S1&S2	<b>INTERMEDIATE PILATES</b> 6:30am-7:30am Joe - HLC	<b>CYCLE &amp; SCULPT</b> 5:30am-6:30am Pat- SMB	<b>PILATES &amp; STRETCH</b> 6:30am-7:30am Joe - HLC	<b>MUSCLE MIX</b> 5:30am-6:30am Debbie- S1&S2	<b>CYCLE</b> 8:30AM-9:30AM Danielle - SMB	<b>POUND</b> 7:15am - 8:00am Michelle - S1&S2
<b>*STRENGTH TRAINING</b> 8:00am-9:00am S1&S2	<b>*CYCLING</b> 8:00am-9:00am Theresa- SMB	<b>CIRCUIT TRAINING</b> 6:30am-7:15am Pat- S1&S2	<b>*CYCLING</b> 8:00am-9:00am Theresa- SMB	<b>*STRENGTH TRAINING</b> 8:00am-9:00am Norine- S1&S2	<b>ZUMBA</b> 8:30am-9:30am Kristen- S1&S2	<b>ZUMBA</b> 8:00am-9:00am Nicole - S1&S2
<b>*GENTLE YOGA</b> 8:00am-9:00am Cheri- SMB	<b>CIRCUIT TRAINING</b> 9:00am-10:00am Stacy- S1&S2	<b>PILATES &amp; STRETCH</b> 6:30am-7:30am Bob - HLC	<b>*PILATES &amp; STRETCH</b> 8:00am-9:00am Joe - HLC	<b>*STEPPIN' EZ</b> 9:15am-10:00am Stacy- S1&S2	<b>H.I.I.T</b> 9:30am - 10:15am Danielle - S1&S2	<b>STEP</b> 9:15am-10:30am Clarissa- S1&S2
<b>CYCLE &amp; SCULPT</b> 9:00am-10:15am Erica F.- SMB	<b>*ZUMBA GOLD</b> 10:00am-10:45am Steph- S1&S2	<b>*STRENGTH TRAINING</b> 8:00am-9:00am Theresa - S1&S2	<b>Zumba</b> 9:00am-10:00am Antoinette - S1&S2	<b>SOUL BODY BARRE</b> 10:00am - 11:00am Stacy - DS	<b>MAT PILATES</b> 9:30am-10:30am Katrine- SMB	<b>CYCLE &amp; SCULPT</b> 9:45am-11:00am Susanne A.- SMB
<b>*STEPPIN' EZ</b> 9:15am-10:00am Stacy- S1&S2	<b>*STRENGTH TRAINING</b> 11:00am-12:00pm Theresa- S1&S2	<b>KICKBOXING</b> 9:00am-10:00am Erica F.- S1&S2	<b>*GENTLE YOGA</b> 9:15am-10:15am Cheri- SMB	<b>MUSCLE MIX</b> 10:00am-10:45am Karen - S1&S2	<b>STEP</b> 10:30am-11:45am Suzanne- S1&S2	<b>LINE DANCING</b> 10:30am-11:30pm Doug - S1&S2
<b>*SHAPE UP</b> 10:00am-11:00pm Stacy - S1&S2	<b>*SENIOR FUNKY FITNESS</b> 11:00am-12:00pm Stacy - Kids Gym	<b>WILLPOWER &amp; GRACE</b> 9:00am-10:00am Eileen- DS	<b>KICKBOXING</b> 10:00am-11:00am Erica F.- S1&S2	<b>*SHAPE UP</b> 11:00am-12:00pm Stacy - S1&S2	<b>STRETCH &amp; FLEX</b> 10:30am-11:30am Katrine- SMB	<b>VINYASA YOGA</b> 11:00am-12:00pm Chris- SMB
<b>*BEGINNER PILATES</b> 11:00am-12:00am Stacy- S1&S2	<b>*LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Maria- S1&S2	<b>ZUMBA</b> 10:00am-11:00am Toni - S1&S2	<b>*STRENGTH TRAINING</b> 11:00am-12:00pm Theresa- S1&S2	<b>*LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Steph- S1&S2	<b>ZUMBA</b> 11:45am-12:30pm Toni - S1&S2	<b>ZUMBA</b> 11:30am-12:30pm Erica- S1&S2
<b>*LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Katrine- S1&S2		<b>*SHAPE UP</b> 11:00pm-12:00pm Stacy- S1&S2	<b>*LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Katrine- S1&S2	<b>*ZUMBA GOLD</b> 1:00am - 1:45am Stephanie - S1&S2		
<b>HATHA YOGA</b> 12:30pm-1:30pm Cheri- SMB		<b>*LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Steph- S1&S2	<b>LEVEL I</b> 1:00pm - 1:45pm Lee S1 & S2			
<b>*CHAIR YOGA</b> 2:00pm-2:45pm Cheri- S1&S2		<b>*BEGINNER PILATES</b> 12:00pm-1:00pm Stacy - SMB	<b>LEVEL II</b> 1:45pm - 2:30pm Lee S1 & S2			
		<b>*LINE DANCING</b> 1:00pm-1:45pm S1 & S2				
		<b>*CHAIR YOGA</b> 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
<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- S2	<b>CYCLE</b> 5:15pm-6:15pm Annette- SMB	<b>LES MILLS BODY PUMP</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	<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>Beginner YOGA</b> 5:30pm-6:25pm Sharon W - SMB	<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>KICK &amp; SCULPT</b> 6:00pm-7:00pm Beth- S1	<b>VINYASA YOGA</b> 7:00pm-8:00pm Chris- SMB	<b>MUSCLE MIX</b> 7:00pm-8:15pm Suzanne- S1&S2		
<b>CARDIO STEP</b> 7:00pm-8:00pm Pat- S1&S2	<b>POWER YOGA</b> 7:15pm-8:15pm Chris- SMB	<b>ZUMBA TONING</b> 6:00pm-6:45pm Brenda - S2	<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>HATHA YOGA</b> 6:30pm-7:30pm Cheri- SMB	<b>ZUMBA</b> 8:15pm-9:15pm Erica - S1&S2			
<b>ZUMBA</b> 8:00pm-9:00pm Lisa- S1&S2		<b>ZUMBA</b> 7:00pm-7:45pm Beth- S1&S2				
<b>KICK &amp; SCULPT</b> 8:30pm-9:45pm Suzanne- KG/S1&S2		<b>STEP MANIA</b> 8:30pm-9:30pm Suzanne- S1&S2				

 <b>AQUA GROUP EXERCISE SCHEDULE</b>						
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> 12:00pm-12:30pm 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> 1:00pm-2:00pm Katrine -Pool	<b>AQUA YOGA</b> 1:00pm-1:45pm Cheri - 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>AQUAFIT</b> 2:00pm-3:00pm Peaches - Pool		
<b>DEEP WATER FITNESS</b> 7:00pm-8:00pm Carol-Pool						