



# HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

## SPRING II SESSION (4/23/18- 6/17/18)

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	<b>LES MILLS BODYCOMBAT</b>  COMING SOON!	MUSCLE MIX 5:30am-6:30am Debbie- S1&S2	<b>LES MILLS BODYPUMP</b> 7:15am-8:15am Sue- S1&S2	POUND 8:00am - 9:00am Michelle - S1&S2
CYCLE & SCULPT 9:00am-10:00am Erica F.- SMB	INTERMEDIATE PILATES 6:30am-7:30am Bob- HLC	CIRCUIT TRAINING 6:30am-7:30am Pat- S1&S2	PILATES & STRETCH 6:30am-7:30am Bob- HLC	STEP 9:15am-10:00am Shawn/Christine- S1&S2	CYCLE 8:30AM-9:30AM Danielle - SMB	CYCLE 8:00am-9:00am Danielle - SMB
<b>LES MILLS BODYPUMP</b> 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	SOUL BODY BARRE 10:00am - 11:00am Stacy - DS	CORE & MORE 8:00am-9:00am Pat- DS	STEP 9:15am-10:30am Clarissa- S1&S2
ZUMBA 10:00am- 10:45am Wendy- DS		KICKBOXING 9:00am-10:00am Erica F.- S1&S2	KICKBOXING 10:00am-11:00am Erica F.- S1&S2	MUSCLE MIX 10:00am-10:45am Shawn- S1&S2	ZUMBA 8:30am-9:30am Kristen- S1&S2	CYCLE & SCULPT 9:45am-11:00am Susanne A.- SMB
HATHA YOGA 12:30pm-1:30pm Cheri- SMB		WILLPOWER & GRACE 9:00am-10:00am Eileen- DS			H.I.I.T 9:30am - 10:15am Danielle - S1&S2	LINE DANCING 10:30am-11:30pm Doug - S1&S2
		ZUMBA 10:00am-11:00am Christine - S1&S2			MAT PILATES 9:30am-10:30am Katrine- SMB	VINYASA YOGA 11:00am-12:00pm Chris- SMB
					STEP 10:30am-11:45am Suzanne- S1&S2	ZUMBA 11:30am-12:30pm Erica- S1&S2
		TOTAL BODY BALL 5:15pm-6:00pm Katrine- S2			STRETCH & FLEX 10:30am-11:30am Katrine- SMB	
ZUMBA TONING 5:15pm-6:00pm Jill - S1&S2	CYCLE 5:15pm-6:15pm Susanne A.- SMB	ZUMBA 5:15pm-6:00pm Leah - S1	CYCLE 5:15pm-6:15pm Annette- SMB	<b>LES MILLS BODYPUMP</b> 5:00pm-6:00pm Michele- S1&S2	ZUMBA 11:45am-12:30pm Toni - S1&S2	
MAT PILATES 5:00pm-6:00pm Katrine- SMB	H.I.I.T & CORE 5:15pm-6:00pm Kristina- S1&S2	Beginner YOGA 5:30pm-6:25pm Sharon W - SMB	<b>LES MILLS BODYPUMP</b> 5:00pm-6:00pm Kristina- S1&S2	ZUMBA 6:00pm-7:00pm Leah - S1&S2		
MUSCLE MIX 6:00pm-7:00pm Beth- S1&S2	BACK CARE YOGA 6:15PM-7:15pm Chris- SMB	KICK & SCULPT 6:00pm-7:00pm Beth- S1	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	ZUMBA TONING 6:00pm-6:45pm Brenda - S2	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	HATHA YOGA 6:30pm-7:30pm Cheri- SMB	INSANITY 7:15pm-8:15pm Gia- S1&S2			
GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB	STRONG by ZUMBA 7:15pm-8:15pm Lisa - S1&S2	ZUMBA 7:00pm-7:45pm Beth- S1&S2	ZUMBA 8:15pm-9:15pm Erica - S1&S2			
ZUMBA 8:00pm-9:00pm Lisa- S1&S2		SALSA 7:45pm - 8:30pm Wendy - DS				
KICK & SCULPT 8:30pm-9:45pm Suzanne- KG/S1&S2		<b>LES MILLS BODYPUMP</b> 7:45pm-8:30pm Sue-S1&S2				
		STEP MANIA 8:30pm-9:30pm Suzanne- S1&S2				

**Text YMCAGROUPPEX to 84483 for updates on classes!**



## AOA GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>AOA STRENGTH TRAINING</b> 8:00am-9:00am JoAnn- S1&S2	<b>AOA CYCLING</b> 8:00am-9:00am Theresa- SMB	<b>AOA STRENGTH TRAINING</b> 8:00am-9:00am Theresa- S1&S2	<b>AOA CYCLING</b> 8:00am-9:00am Theresa- SMB	<b>AOA STRENGTH TRAINING</b> 8:00am-9:00am Norine- S1&S2		
<b>AOA GENTLE YOGA</b> 8:00am-9:00am Cheri- SMB	<b>AOA AQUAFIT</b> 9:00am-10:00am Dave - Pool	<b>AOA SHAPE UP</b> 11:00am-12:00am Stacy-S1&S2	<b>AOA PILATES &amp; STRETCH</b> 8:00am-9:00am Joe - HLC	<b>AOA STEPPIN' EZ</b> 9:15am-10:00am Stacy- DS		
<b>AOA STEPPIN' EZ</b> 9:15am-10:00am Stacy- DS	<b>AOA ZUMBA GOLD</b> 10:00am-10:45am Steph- S1&S2	<b>AOA LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Steph- S1&S2	<b>AOA AQUAFIT</b> 9:00am-10:00am Katie - Pool	<b>AOA SHAPE UP</b> 11:00am-12:00pm Stacy- S1&S2		
<b>AOA SHAPE UP</b> 10:00am-11:00pm Stacy - S1&S2	<b>AOA STRENGTH TRAINING</b> 11:00am-12:00pm Theresa- S1&S2	<b>AOA BEGINNER PILATES</b> 12:00pm-1:00pm Stacy - SMB	<b>AOA GENTLE YOGA</b> 9:15am-10:15am Cheri- SMB	<b>AOA LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Steph- S1&S2		
<b>AOA BEGINNER PILATES</b> 11:00am-12:00am Stacy- S1&S2	<b>AOA FUNKY FITNESS</b> 11:00am-12:00pm Stacy - Kids Gym	<b>AOA CHAIR YOGA</b> 1:00pm-1:45pm Cheri- S1 & S2	<b>AOA STRENGTH TRAINING</b> 11:00am-12:00pm Theresa- S1&S2	<b>AOA ZUMBA GOLD</b> 1:00pm - 1:45pm Stephanie - S1&S2		
<b>AOA LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Katrine- S1&S2	<b>AOA LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Maria- S1&S2	<b>AOA AQUAFIT</b> 1:30pm - 2:30pm Peaches- Pool	<b>AOA LIGHT WEIGHT WORKOUT</b> 12:00pm-12:45pm Katrine- S1&S2	<b>AOA AQUA YOGA</b> 1:00pm-1:45pm Cheri - Pool		
<b>AOA AQUAFIT PLUS</b> 1:30pm-2:30pm Katrine- Pool	<b>AOA AQUA ZUMBA</b> 2:00pm-2:45pm Jill- Pool		<b>AOA TAI CHI LEVEL I</b> 1:00pm - 1:45pm Lee S1 & S2	<b>AOA AQUAFIT</b> 2:00pm-3:00pm JoAnn - Pool		
<b>AOA CHAIR YOGA</b> 2:00pm-2:45pm Cheri- S1&S2			<b>AOA TAI CHI LEVEL II</b> 1:45pm - 2:30pm Lee S1 & S2			
			<b>AOA AQUAFIT PLUS</b> 1:30pm-2:30pm Dave-Pool			



## AQUA GROUP EXERCISE SCHEDULE

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