

## **HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE**

## **SPRING I SESSION (2/26/18 - 4/22/18)**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY                            |
|--|--|---|---|--|---|-----------------------------------|
| Muscle Mix<br>5:30am - 6:30am  | <b>Zumba</b><br>6:00am-7:00am  | CYCLE & SCULPT<br>5:30am-6:30am   | <b>TABATA</b><br>6:00am-7:00am  | MUSCLE MIX<br>5:30am-6:30am  | <b>LesMills</b><br><b>BODYPUMP</b><br>7:15am-8:15am | <b>ZUMBA</b><br>8:00am-9:00am     |
| Debbie - S1&S2   | Antoinette - DS  | Pat- SMB  | Michele-S1&S2   | Debbie- S1&S2  | Sue- S1&S2  | Kelli- S1&S2                      |
| CYCLE & SCULPT   | INTERMEDIATE PILATES   | ZUMBA   | PILATES & STRETCH   | STEP   | CYCLE   | CYCLE                             |
| 9:00am-10:00am   | 6:30am-7:30am  | 6:30am-7:30am   | 6:30am-7:30am   | 9:15am-10:00am   | 8:30AM-9:30AM                                       | 8:00am-9:00am                     |
| Erica F SMB  | Bob- HLC   | Michele - S1&S2   | Bob- HLC  | Shawn/Christine- S1&S2   | Danielle - SMB                                      | Danielle - SMB                    |
| LESMILLS<br>BODYPUMP   | CIRCUIT TRAINING   | PILATES & STRETCH   | ZUMBA   |  | CORE & MORE   | STEP                              |
| 9:00am-10:00am<br>Sharee - S1&S2   | 9:00am-10:00am<br>Stacy- S1&S2   | 6:30am-7:30am<br>Joe - HLC  | 9:00am-10:00am<br>Christine - S1&S2   |  | 8:00am-9:00am<br>Pat- DS                            | 9:15am-10:30am<br>Clarissa- S1&S2 |
|  | 3100, 31032  |   |   |  |   |                                   |
| ZUMBA  |  | KICKBOXING  | KICKBOXING  | MUSCLE MIX   | ZUMBA   | CYCLE & SCULPT                    |
| 10:00am- 10:45am<br>Wendy- DS  |  | 9:00am-10:00am<br>Erica F S1&S2   | 10:00am-11:00am<br>Erica F S1&S2  | 10:00am-10:45am<br>Shawn- S1&S2  | 8:30am-9:30am<br>Kristen- 51&52                     | 9:45am-11:00am<br>Susanne A SMB   |
|  |  |   | LIICA 1 31&32   | 311aW11- 31&32   |   |                                   |
| <b>HATHA YOGA</b><br>12:30pm-1:30pm  |  | WILLPOWER & GRACE 9:00am-10:00am  |   |  | <b>TABATA</b><br>9:30am-10:15am                     | <b>SALSA</b><br>10:00am - 10:45a  |
| Cheri- SMB   |  | Fileen- DS  |   |  | Michele - S1&S2                                     | Wendy - DS                        |
| CHEFF SIND   |  |   |   |  |   | · ·                               |
|  |  | ZUMBA   |   |  | MAT PILATES   | LINE DANCING                      |
|  |  | 10:00am-11:00am<br>Christine - S1&S2  |   |  | 9:30am-10:30am<br>Katrine- SMB                      | 10:30am-11:30pn<br>Doug - S1&S2   |
|  |  | Cili istille - 5 1 & 52   |   |  | Katille- Jind                                       | Doug - 51832                      |
|  |  |   |   |  | STEP  | VINYASA YOGA                      |
|  |  |   |   |  | 10:30am-11:45am                                     | 11:00am-12:00pr                   |
|  |  |   |   |  | Suzanne- S1&S2                                      | Chris- SMB                        |
|  |  | TOTAL BODY BALL   |   |  | STRETCH & FLEX                                      | ZUMBA                             |
|  |  | 5:15pm-6:00pm   |   |  | 10:30am-11:30am                                     | 11:30am-12:30pn                   |
|  |  | Katrine- S2   |   |  | Katrine- SMB  | Erica- S1&S2                      |
|  |  |   |   |  |   |                                   |
|  |  |   |   |  |   |                                   |
| ZUMBA TONING   | CYCLE  | 7UMBA   | CYCLE   | LESMILLS   | 7UMBA   |                                   |
| ZUMBA TONING<br>5:15pm-6:00pm  | <b>CYCLE</b> 5:15pm-6:15pm   | <b>ZUMBA</b><br>5:15pm-6:00pm   | <b>CYCLE</b><br>5:15pm-6:15pm   | BODYPUMP   | <b>ZUMBA</b><br>11:45am-12:30pm                     |                                   |
| <b>ZUMBA TONING</b><br>5:15pm-6:00pm<br>Jill - \$1&\$2   | <b>CYCLE</b><br>5:15pm-6:15pm<br>Susanne A SMB   | <b>ZUMBA</b><br>5:15pm-6:00pm<br>Leah - S1  | <b>CYCLE</b><br>5:15pm-6:15pm<br>Annette- SMB   |  | <b>ZUMBA</b><br>11:45am-12:30pm<br>Toni - S1&S2     |                                   |
| 5:15pm-6:00pm<br>Jill - S1&S2  | 5:15pm-6:15pm<br>Susanne A SMB   | 5:15pm-6:00pm<br>Leah - S1  | 5:15pm-6:15pm<br>Annette- SMB<br><b>LESMILLS</b>  | BODYPUMP<br>5:00pm-6:00pm<br>Michele- 51&52  | 11:45am-12:30pm                                     |                                   |
| 5:15pm-6:00pm<br>Jill - 51&52<br><b>MAT PILATES</b>  | 5:15pm-6:15pm<br>Susanne A SMB<br>H.I.I.T & CORE   | 5:15pm-6:00pm<br>Leah - S1<br>Beginner YOGA   | 5:15pm-6:15pm Annette- SMB LESMILLS BODYPUMP  | BODYPUMP<br>5:00pm-6:00pm<br>Michele- \$18.\$2<br>ZUMBA  | 11:45am-12:30pm                                     |                                   |
| 5:15pm-6:00pm<br>Jill - S1&S2  | 5:15pm-6:15pm<br>Susanne A SMB   | 5:15pm-6:00pm<br>Leah - S1  | 5:15pm-6:15pm<br>Annette- SMB<br><b>LESMILLS</b>  | BODYPUMP<br>5:00pm-6:00pm<br>Michele- 51&52  | 11:45am-12:30pm                                     |                                   |
| 5:15pm-6:00pm<br>Jill - 51&52<br>MAT PILATES<br>5:00pm-6:00pm<br>Katrine- SMB  | 5:15pm-6:15pm<br>Susanne A SMB<br>H.I.I.T & CORE<br>5:15pm-6:00pm<br>Kristina- S1&S2   | 5:15pm-6:00pm<br>Leah - S1<br>Beginner YOGA<br>5:30pm-6:25pm<br>Sharon W - SMB  | 5:15pm-6:15pm Annette- SMB LESMILLS BODYPUMP 5:00pm-6:00pm Kristina- S1&S2  | ### Standard   | 11:45am-12:30pm                                     |                                   |
| 5:15pm-6:00pm Jill - 51&52  MAT PILATES 5:00pm-6:00pm Katrine- SMB   | 5:15pm-6:15pm<br>Susanne A SMB<br>H.I.I.T & CORE<br>5:15pm-6:00pm<br>Kristina- S1&S2<br>BACK CARE YOGA   | 5:15pm-6:00pm<br>Leah - S1<br>Beginner YOGA<br>5:30pm-6:25pm<br>Sharon W - SMB  | 5:15pm-6:15pm Annette- SMB LESMILLS BODYPUMP 5:00pm-6:00pm Kristina- S1&S2  | ### Standard   | 11:45am-12:30pm                                     |                                   |
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| 5:15pm-6:00pm  Jill - S18S2  MAT PILATES 5:00pm-6:00pm Katrine- SMB  MUSCLE MIX 6:00pm-7:00pm Beth- S18S2  CYCLE 6:00pm-7:00pm Annette- SMB  CARDIO STEP 7:00pm-8:00pm Pat- S18S2  GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB  ZUMBA 8:00pm-9:00pm Lisa- S18S2  KICK & SCULPT               | 5:15pm-6:15pm Susanne A SMB  H.I.I.T & CORE 5:15pm-6:00pm Kristina- S1&S2  BACK CARE YOGA 6:15PM-7:15pm Chris- SMB  MUSCLE MIX 6:15PM-7:15pm Karen- S1&S2  POWER YOGA 7:15pm-8:15pm Chris- SMB | 5:15pm-6:00pm Leah - 51  Beginner YOGA 5:30pm-6:25pm Sharon W - SMB  KICK & SCULPT 6:00pm-7:00pm Beth- 51  ZUMBA TONING 6:00pm-6:45pm Brenda - 52  HATHA YOGA 6:30pm-7:30pm Cheri- SMB  ZUMBA 7:00pm-7:45pm Beth- 51 & S2  SALSA 7:30pm - 8:15pm Wendy - SMB  LESMILLS BODYPUMP                                   | 5:15pm-6:15pm Annette- SMB  LESMILLS BODYPUMP 5:00pm-6:00pm Kristina- 51&S2  ZUMBA 6:15pm-7:15pm Kristin - 51&S2  VINYASA YOGA 7:00pm-8:00pm Chris- SMB  INSANITY 7:15pm-8:15pm Gia- 51&S2  ZUMBA 8:15pm-9:15pm | S:00pm-6:00pm Michele- S1&S2  ZUMBA 6:00pm-7:00pm Leah - S1&S2  GENTLE YOGA 7:00pm-8:00pm Chris- SMB  MUSCLE MIX 7:00pm-8:15pm | 11:45am-12:30pm                                     |                                   |
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| 5:15pm-6:00pm Jill - 51852  MAT PILATES 5:00pm-6:00pm Katrine- SMB  MUSCLE MIX 6:00pm-7:00pm Beth- 51852  CYCLE 6:00pm-7:00pm Annette- SMB  CARDIO STEP 7:00pm-8:00pm Pat- 51852  GRACE MOVES YOGA 7:30pm-8:30pm Chris- SMB  ZUMBA 8:00pm-9:00pm Lisa- 51852  KICK & SCULPT 8:30pm-9:45pm  | 5:15pm-6:15pm Susanne A SMB  H.I.I.T & CORE 5:15pm-6:00pm Kristina- S1&S2  BACK CARE YOGA 6:15PM-7:15pm Chris- SMB  MUSCLE MIX 6:15PM-7:15pm Karen- S1&S2  POWER YOGA 7:15pm-8:15pm Chris- SMB | 5:15pm-6:00pm Leah - 51  Beginner YOGA 5:30pm-6:25pm Sharon W - 5MB  KICK & SCULPT 6:00pm-7:00pm Beth- 51  ZUMBA TONING 6:00pm-6:45pm Brenda - 52  HATHA YOGA 6:30pm-7:30pm Cheri- SMB  ZUMBA 7:00pm-7:45pm Beth- 51852  SALSA 7:30pm - 8:15pm Wendy - 5MB  LESMILLS BODYPUMP 7:45pm-8:30pm Sue-51852  STEP MANIA | 5:15pm-6:15pm Annette- SMB  LESMILLS BODYPUMP 5:00pm-6:00pm Kristina- 51&S2  ZUMBA 6:15pm-7:15pm Kristin - 51&S2  VINYASA YOGA 7:00pm-8:00pm Chris- SMB  INSANITY 7:15pm-8:15pm Gia- 51&S2  ZUMBA 8:15pm-9:15pm | S:00pm-6:00pm Michele- S1&S2  ZUMBA 6:00pm-7:00pm Leah - S1&S2  GENTLE YOGA 7:00pm-8:00pm Chris- SMB  MUSCLE MIX 7:00pm-8:15pm | 11:45am-12:30pm                                     |                                   |
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Text YMCAGROUPEX to 84483 for updates on classes!



## **AOA GROUP EXERCISE SCHEDULE**

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

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| the | MC |   |

## **AQUA GROUP EXERCISE SCHEDULE**

| MONDAY             | TUESDAY            | WEDNESDAY          | THURSDAY           | FRIDAY             | SATURDAY      | SUNDAY |
|--------------------|--------------------|--------------------|--------------------|--------------------|---------------|--------|
| WATER AEROBICS     | WATER FITNESS      | WATER AEROBICS     | WATER FITNESS      | WATER AEROBICS     | AQUA ZUMBA    |        |
| 8:00am-9:00am      | 8:00am-9:00am      | 8:00am-9:00am      | 8:00am-9:00am      | 8:00am-9:00am      | 8:00am-8:45am |        |
| Norine- Pool       | Dave - Pool        | Norine- Pool       | Dave - Pool        | Dave - Pool        | Jill- Pool    |        |
| WATER FITNESS      | DEEP WATER FITNESS | WATER FITNESS      | DEEP WATER FITNESS | DEEP WATER FITNESS |               |        |
| 9:00am-10:00am     | 9:30am-10:30am     | 9:00am-10:00am     | 10:00am-11:00am    | 9:15am-10:15am     |               |        |
| Peaches - Pool     | Norine- Pool       | Peaches - Pool     | Peaches - Pool     | Mickie- Pool       |               |        |
| CORE AQUATICS      | AQUA ZUMBA         | CORE AQUATICS      |                    | CORE AQUATICS      |               |        |
| 2:30pm-3:00pm      | 7:15pm-8:15pm      | 12:00pm-12:30pm    |                    | 11:00am-11:30am    |               |        |
| Katrine-Pool       | Jill- Pool         | Katrine-Pool       |                    | Katrine-Pool       |               |        |
| DEEP WATER FITNESS |                    | DEEP WATER FITNESS |                    |                    |               |        |
| 7:00pm-8:00pm      |                    | 7:00pm-8:00pm      |                    |                    |               |        |
| Carol-Pool         |                    | Carol- Pool        |                    |                    |               |        |