HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Fall II- 2026 Schedule October 26 - December 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	More Is Better: TRX Circuit 7:00 - 7:45 a.m. with Rosemary Location: FTC	Hustle For The Muscle 7:00 - 7:45 a.m. with Rosemary Location: FTC	Core and More 6:30 - 7:30 a.m. with Debbie Location: Studio	More Is Better: TRX Circuit 7:00 - 7:45 a.m. with Rosemary Location: FTC	Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	Zumba 7:15 - 8:15 a.m. with Richard Location: Studio
Chisel 9:00 - 9:45 a.m. with Gia Location: Kids Gym	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Chisel 9:00 - 9:45 a.m. with Gia Location: Kids Gym	Cycle 8:00 - 8:45 a.m. with Annette Location: Upstairs	Pilates Fusion 9:00 - 9:45 a.m. with Stacy Location: Studio	Zumba 9:00 - 10:00 a.m. with Toni Location: Studio	Hatha Yoga 9:00 - 9:55 a.m. with Meeta Location: Upstairs
Step 10:00 - 10:45 a.m. with Liz Location: Studio	Cycle 9:00 - 10:00 a.m. with Annette Location: Upstairs	SoulBody Barre 10:00 - 11:00 a.m. with Stacy Location: Studio	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	*SoulBody Yoga Sculpt 10:00 - 11:00a.m. with Stacy Location: Studio	*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	Step 10:00 - 11:00 a.m. with Liz Location: Studio
*Gentle Yoga 10:00 - 11:00 a.m. with Beth A. Location: Upstairs	Shape Up 10:00 - 11:00 a.m. with Stacy Location: Gymnasium	Pilates 10:00 - 11:00 a.m. with Holly Location: Upstairs	*Gentle Yoga 9:00 - 10:00 a.m. with Beth A. Location: Upstairs	*Walk and Weights 10:00 - 11:00 a.m. with Arlene Location: Kids Gym	Cardio Step 10:15 - 11:15 a.m. with Suzanne/Liz Location: Studio	
Zumba 11:00 - 11:55 p.m. with Tatyana Location: Studio	*Zumba Gold Chair 10:00 - 11:00 a.m. with Beth A. Location: Studio	*SoulBody Restore 11:15 - 12:15 p.m. with Stacy Location: Upstairs	*Funky Fitness 10:00 - 11:00 a.m. with Stacy Location: Gymnasium	Beginner Line Dance 11:00 - 12:00 p.m. with Jackie Location: Dance Studio	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
Beginner Wellness Center Cardio and Strength 11:30 - 12:30 p.m. with Suzanne/Arlene Location: W.C	*Tai Chi: Way to Rejuvenation 11:00 - 12:00 p.m. with Guy Location: Upstairs	*Light Weight Workout 12:00 - 1:00 p.m. with Katrine Location: Studio	*Basic Mat Pilates 11:15 - 12:15 p.m. with Stacy Location: Upstairs	*ADVANCED* Wellness Center Cardio and Strength 11:30 - 12:30 p.m. with Suzanne/Arlene Location: W.C	Thirty Minute Abs 11:15 - 11:45am with Suzanne/Liz Location: Studio	
Line Dance 12:00 - 1:00 p.m. with Jeremy Location: Dance Studio	Shape Up: Mat Work 11:00 - 11:30 a.m. with Stacy Location: Gymnasium	*Chair Yoga 1:15 - 2:15 p.m. with Beth A. Location: Studio	*Gentle Fitness 12:00 - 1:00 p.m. with Arlene Location: Studio	Improver Line Dance 12:00 - 12:45 p.m. with Jackie Location: Dance Studio		
*Light Weight Workout 12:00 - 1:00 p.m. with Katrine Location: Studio	Tap 11:30 - 12:15 p.m. with Stacy Location: Dance Studio			*Chair Yoga 1:00 - 2:00 p.m. with Jackie Location: Studio		
	ADVANCED Wellness Center Cardio and Strength 11:30 - 12:30 p.m. with Suzanne Location: W.C	Cycle 5:00 - 5:45 p.m. with Annette Location: Upstairs	Power & Grit 5:00 - 5:45 p.m. with Rosemary Location: Studio			
Cycle 5:15 - 6:00 p.m. with Annette Location: Upstairs		Zumba 5:30 - 6:15 p.m. with Maria Location: Studio	STRONG Nation 6:00 - 6:55 p.m. with Lisa Location: Studio	Zumba 6:00 - 7:00 p.m. with Lisa Location: Studio		
Zumba 5:30 - 6:30 p.m. with Beth Location: Studio	Zumba Toning 6:00 - 6:45 p.m. with McClees Location: Studio	Kick and Sculpt 6:15 - 7:15 p.m. with Beth Location: Studio	Insanity 7:00 - 8:00 p.m. with Gia Location: Studio			
Muscle Mix 6:30 - 7:30 p.m with Beth Location: Studio	Family Zumba 6:00 - 6:45 p.m. with Tatyana Location: Dance Studio (ages 7 and up)	Hatha Yoga 6:30 - 7:30 p.m. with Meeta Location: Upstairs				
Step 7:35 - 8:35 p.m. with Suzanne Location: Studio	Circuit Training 6:50 - 7:50 p.m. with Gia Location: Studio	Cardio and Strength 7:15 - 8:15 p.m. with Suzanne Location: Studio				
		Stability Ball, Glutes and Body Pump 8:15 - 8:45 p.m. with Suzanne Location: Studio				
						* Low Impact Class

Text YMCAGROUPX to 84483 for updates on classes!

schedule is subject to change - please check our website and sign up for text alerts

highlighted area denotes a change in instructor/time/format/location/new class

updated 11/12/26