



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

January 3 - February 27

Updated 1/24/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEW Cardio Craze 6:45 - 7:45 a.m. with Debbie Location: Studio	Cardio and Strength 6:30-7:15 a.m. with Pat Location: Studio	NEW Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Tone and Sculpt with Pilates and Weights 6:30-7:15a.m. with Pat Location: Studio	Cardio and Strength 8:45 - 9:45 a.m. with Suzanne Location: Studio	Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	Cardio and Strength 9:00 - 10:00a.m. with Clarissa Location: Studio
NEW *Tai Chi Chih 10:00 - 11:00a.m. with Eileen Location: Upstairs	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	NEW Pilates 9:00-10:00am with Holly Location: Upstairs	Zumba 8:45 - 9:45a.m. with Toni Location: Studio	Zumba Toning 10:00 - 11 a.m. with Jill Location: Studio	Zumba 9:00 - 10:00a.m. with Toni Location: Studio	Cycle 10:30- 11:30am with Susanne Location: Studio
Zumba 11:00a.m.-12:00p.m. with Tatyana Location: Studio	*Shape Up 10:00-11:00a.m. with Stacy Location: Gymnasium	SoulBody Barre 10:00 - 11:00a.m. with Stacy Location: Studio	*Gentle Yoga 9:00 - 10:00 a.m. with Cheri Location: Upstairs	*SoulBody Yoga Sculpt 10:00-11:00a.m. with Stacy Location: Upstairs	*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	
* Light Weight Workout with Katrine 12:00 - 1:00p.m. Location: Studio	NEW *Chair Yoga 10:00-11:00am with Danielle Location: Studio	NEW *Cardio and Strength 11:15am-12:15pm with Danielle Location: Studio	*Funky Fitness 10:00 - 11:00a.m. with Stacy Location: Gymnasium	NEW *Walk and Weights 11:15am-12:15pm with Danielle Location: Upstairs	Step Aerobics 10:15 - 11:15a.m. with Suzanne Location: Studio	
Cycle 5:15- 6:15p.m. with Annette Location: Studio	NEW *Restorative Yoga 11:15am-12:15pm with Danielle Location: Upstairs	*Chair Yoga 1:00 - 1:45p.m. with Cheri Location: Studio	*Basic Mat Pilates 11:15a.m. - 12:00p.m. with Stacy Location: Upstairs	* Tai Chi 11:30a.m.-12:30p.m. with Bob Location: Studio	Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Zumba 5:30- 6:30p.m. with Beth Location: Upstairs	*Tai Chi 11:00a.m.-12:00p.m. with Bob Location: Studio	Cycle 5:00- 6:00p.m. with Susanne Location: Studio	* Light Weight Workout with Katrine 12:00-1p.m. Location: Studio	Zumba 5:30 - 6:30p.m. with Tatyana Location: Studio	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
Muscle Mix 6:45-7:45p.m. with Beth Location: Studio	*Tap 11:30 a.m. - 12:15 p.m. with Stacy Location: Dance Studio	Zumba 5:15 - 6:15 p.m. with Tatyana Location: Upstairs	Circuit Training 5:00- 5:45p.m. with Rosemary Location: Upstairs			
*Gentle Yoga 7:00 - 8:00p.m. with Chris Location: Upstairs	Cycle 5:00- 6:00p.m. with Rosemary Location: Studio	Kick and Sculpt 6:15-7:15p.m. with Beth Location: Studio	Cycle 5:00- 6:00p.m. with Annette Location: Studio			
Cardio Craze 7:15 - 8:15p.m. with Suzanne Location: Dance Studio	Zumba Toning 6:15.-7:00p.m. with Jill Location: Studio	Vinyasa Yoga 6:30-7:30p.m. with Chris Location: Upstairs	Zumba Toning 6:15 - 7:00 p.m. with Jill Location: Studio			
	Cardio and Strength 7:15 - 8:15p.m. with Clarissa Location: Studio	Stability Ball, Abs and Glutes 7:15 - 8:15p.m. with Suzanne Location: Studio	Cardio and Strength 7:15 - 8:15p.m. with Clarissa Location: Studio			* Low Impact Class
NEW Text YMCAGROUPX to 84483 for updates on classes!						