



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Winter Schedule - January 2 - March 5, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Cycle & Core 6:30-7:15 a.m. w/Pat Location: Studio	Core and More 6:30 - 7:30 a.m. with Debbie Location: Studio	Cardio & Strength 6:30 - 7:30 am with Pat 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	Zumba 7:30-8:30 a.m. with Richard Location: Studio
Kickboxing with Tony 8:30 - 9:30a.m **Kids Gym (Gloves not provided)			Kick and Sculpt 7:15 - 8:00 a.m.** with Rosemary Location: Studio			Cardio and Strength 9:00 - 10:00a.m. with Clarissa Location: Studio
Zumba 8:30 a.m. - 9:30 w/ Richard Studio	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio		Zumba 8:45 - 9:45a.m. with Toni Location: Studio		Zumba 9:00 - 10:00a.m. with Toni Location: Studio	Kickboxing with Tony 9:00 - 10:00a- ** Kids Gym (Gloves not provided)
Gentle Yoga 9:00-10:00am with Mary Location: upstairs	*Shape Up 10:00- 11:00a.m. with Stacy Location: Gymnasium	Pilates 10:00-11:00am with Holly Location: Upstairs	*Gentle Yoga 9:00-10:00 a.m. With Mary Location: Upstairs	Kickboxing with Tony 10:00 - 11:00a- ** Kids Gym (Gloves not provided)		Step & Abs 10:00 - 11:00 am with Pat Dance Studio
Cardio and Strength 9:45-10:45am w/ Suzanne Location: Studio	*Tai Chi 10:45- 11:45a w/Bob Studio	SoulBody Barre 10:00 - 11:00a.m. w/Stacy Location: Studio	*Funky Fitness 10:00 - 11:00a.m. with Stacy Location: Gymnasium	*SoulBody Yoga Sculpt 10:00-11:00a.m. with Stacy Location: Upstairs	*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	Cycle 10:15- 11:15am with Susanne Location: Studio
Zumba 11:00a.m.- 12:00p.m. with Tatyana Location: Studio	Shape Up: Mat Work 11:00 - 11:30a.m. with Stacy Location: Gymnasium	Zumba Toning 11:15 a.m.- 12:00p.m w/Mary - Studio	Stability Ball and Body Pump 11:00-11:50am w/Suzanne Location: Studio	*Walk and Weights 11:15am- 12:15pm w/ Danielle Location: Upstairs	Cardio Step 10:15 - 11:15a.m. w/ Suzanne Location: Studio	
Line Dance 12p- 1pm w/ Jeremy Gymnasium	*Tap 11:30 a.m. - 12:15 p.m. with Stacy Location: Dance Studio	Light Weight Workout 12:00- 1:00pm w/Katrine Studio	*Basic Mat Pilates 11:15a.m.- 12:00p.m. with Stacy Location: Upstairs	Advanced Tai Chi 11:30a.m.- 12:30p.m. with Bob Location: Studio	Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Light Weight Workout with Katrine 12:00 - 1:00 pm Studio	*Gentle Fitness 12:00 - 1:00 p.m. w/Mary Studio	Chair Yoga 1:00- 1:45pm with Danielle Studio	*Gentle Fitness 12:00- 1:00 p.m. with Suzanne Studio	*Beginner Tai Chi 12:35- 1:35pm w/Bob Studio	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
Cycle 5:15- 6:15p.m. with Annette Location: Studio		Cycle 5:10- 6:10p.m. with Susanne Location: Studio		Zumba 5:30 - 6:30p.m. with Tatyana Location: Studio		
Zumba 5:30- 6:30p.m. with Beth Upstairs	Cycle 5:00- 5:45p.m. with Rosemary Location: Studio	Kick and Sculpt 6:15- 7:15p.m. with Beth Location: Studio	Circuit Training 5:00- 5:45p.m. w/Rosemary Location: Upstairs			
Muscle Mix 6:45 - 7:45 p.m Beth Location: Studio	Zumba Toning 6:15 - 7:00p.m. with Jill Location: Studio	Vinyasa Yoga 6:30- 7:30p.m. with Chris Location: Upstairs	Cycle 5:00- 6:00p.m. with Annette Location: Studio			
*Gentle Yoga 6:45 - 7:45 p.m. Chris Location: Upstairs	Circuit Training 6:30 - 7:30 p.m. with Gia Location: Upstairs	Kickboxing with Tony 6:45 p.m.- 7:45 **Kids Gym (Gloves not provided)	Zumba 6:15-7:15pm with Tatyana Location: Studio			
Zumba 7:00-8:00p.m. with Richard Location: Dance Studio		Stability Ball, Abs & Glutes 7:15 - 8:15p.m. w/Suzanne Location: Studio	Insanity 7:30-8:30pm with Gia Location: Studio			

***NEW* Text YMCAGROUPX to 84483 for updates on classes!**

*** Low Impact Clas**

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

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

2-Jan-23