




HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Modified Christmas Week Schedule 12/22 - 12/28



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dec. 22	Dec. 23	Dec. 24	Dec. 25	Dec. 26	Dec. 27	Dec. 28
Chisel 8:45 - 9:30 a.m. with Gia Location: Kids Gym	TRX Circuit Class 7:00 - 7:45 a.m. with Rosemary Location: Functional Training Center		FACILITY CLOSED			
	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Chisel 9:00 - 9:45 a.m. With Gia Location: Studio			Zumba 9:00 - 10:00 a.m. with Toni Location: Studio	
*Gentle Yoga 10:00 - 11:00 a.m. with Beth A. Location: Upstairs					*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	
Zumba 11:00-12:00 p.m. with Tatyana Location: Studio	*Shape Up 10:00- 11:00 a.m. with Stacy Location: Gymnasium					
Line Dance 12:00-1:00 p.m. with Jeremy Location: Dance Studio	**Intermediate Tai Chi 10:00 - 11:00 a.m. with Guy Location: Upstairs	FACILITY CLOSSES AT 12:00 P.M.		Beginner Line Dance 11:15-12:15p.m. with Jackie Location: Dance Studio	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
*Light Weight Workout 12:00 - 1:00 p.m. with Katrine Location: Studio	**Tai Chi 11:00 - 12:00 p.m. with Guy Location: Upstairs					
Chair Yoga 1:15 - 2:00 p.m. with Jackie Location: Studio	Shape Up: Mat Work 11:00 - 11:30 a.m. with Stacy Location: Gymnasium					
	Tap 11:30- 12:15 p.m. with Stacy Location: Dance Studio					
Zumba 5:30 - 6:30 p.m. with Beth Location: Studio						
Muscle Mix 6:30 - 7:30 p.m. with Beth Location: Studio	Cycle 5:00- 5:45 p.m. with Rosemary Location: Upstairs					
	Family Zumba 6:00 - 6:45 p.m. with Tatyana Location: Dance Studio (ages 7 and up)					
	Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio					