

	HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE Modified New Year Week Schedule 2026					
12/29 MONDAY	12/30 TUESDAY	12/31 WEDNESDAY	1/1 THURSDAY	1/2 FRIDAY	1/3 SATURDAY	1/4 SUNDAY
Chisel 8:45 - 9:30 a.m. with Gia Location: Studio	TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional Fitness Area			TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional Fitness Area	Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	
	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Chisel 9:00 - 9:45 a.m. with Gia Location: Studio	FACILITY OPENS AT 9:00 A.M.		Zumba 9:00 - 10:00 a.m. with Toni Location: Studio	Hatha Yoga 9:00 - 10:00 a.m. with Meeta Location: Upstairs
	Cycle 9:00 - 10:00 a.m. With Annette Location: Upstairs				*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	
Zumba 11:00 -12:00 p.m. with Tatyana Location: Studio	**Intermediate Tai Chi 10:00 - 11:00 a.m. with Guy Location: Upstairs					
Line Dance 12:00 -1:00 p.m. with Jeremy Location: Dance Studio	**Tai Chi 11:00 - 12:00 p.m. with Guy Location: Upstairs		Zumba 8:45 - 9:45a.m. with Toni Location: Studio		*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
*Light Weight Workout with Katrine 12:00 - 1:00 pm Location: Studio		FACILITY CLOSSES AT 12:00 p.m.		Beginner Line Dance 11:15 - 12:15 p.m. with Jackie Location: Dance Studio		
*Chair Yoga with Jackie 1:15 - 2:00 p.m. Location: Studio	Cycle 5:00 - 5:45 p.m. with Rosemary Location: Upstairs		First Day Yoga 11:00 - 12:00 p.m. with Beth A. Location: Upstairs			
Cycle 5:15- 6:00 p.m. with Annette Location: Upstairs	Zumba Toning 6:00 - 6:45 p.m. with McClees Location: Studio					
	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			Zumba 5:45 - 6:45 p.m. With Lisa Location: Studio		
			FACILITY CLOSSES AT 2:00 P.M.			
Text YMCAGROUPX to 84483 for updates on classes!						* Low Impact Class
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 12/05/25