



## HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

### Winter- 2026 Schedule January 5 - March 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	More Is Better: TRX Circuit 7:00 - 7:45 a.m. with Rosemary Location: Functional Training Center		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: Functional Training Center	Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	Zumba 7:00 - 8:00 a.m. with Richard Location: Studio
Chisel 8:45 - 9:30 a.m. with Gia Location: Kids Gym	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Balance & Core 9:00 - 9:45 a.m. with Pat Location: Upstairs	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Pilates Fusion 9:00 - 9:45 a.m. with Pat Location: Upstairs	Zumba 9:00 - 10:00 a.m. with Toni Location: Studio	Hatha Yoga 9:00 - 10:00 a.m. with Meeta Location: Upstairs
Step 9:45 - 10:45 a.m. with Pat Location: Studio	Cycle 9:00 - 9:45 a.m. with Annette Location: Upstairs	Chisel 9:00 - 9:45 a.m. with Gia Location: Studio	*Gentle Yoga 9:00 - 10:00 a.m. with Beth A. Location: Upstairs	*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	SoulBody Barre 10:00 - 11:00 a.m. with Stacy Location: Studio	Step & Weights 10:00 - 11:00 a.m. with Pat Location: Studio	*Walk and Weights 10:00-11:00 a.m. with Arlene Location: Kids Gym	Cardio Step 10:15 - 11:15 a.m. with Suzanne/Jules Location: Studio	
Zumba 11:00-12:00 p.m. with Tatyana Location: Studio	**Intermediate Tai Chi 10:00 - 11:00 a.m. with Guy Location: Upstairs	*Pilates 10:00 - 11:00 a.m. with Holly Location: Upstairs	*Funky Fitness 10:00 - 11:00 a.m. with Stacy Location: Gymnasium	Beginner Line Dance 11:45-12:45 p.m. with Jackie Location: Dance Studio	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine 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	*SoulBody Restore 11:15-12:15 p.m. with Stacy Location: Upstairs	*Basic Mat Pilates 11:15-12:15 p.m. with Stacy Location: Upstairs	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/Jules Location: Studio	
*Light Weight Workout 12:00 - 1:00 p.m. with Katrine Location: Studio	Shape Up: Mat Work 11:00 - 11:30 a.m. with Stacy Location: Gymnasium	*Light Weight Workout 12:00-1:00 p.m. with Katrine Location: Studio	*Gentle Fitness 12:00-1:00 p.m. with Arlene Location: Studio	*Chair Yoga 1:00 - 2:00 p.m. with Jackie Location: Studio		
	*Yogilates 11:15 - 12:15 p.m. with Holly Location: Kids Gym	*Chair Yoga 1:15-2:15 p.m. with Beth A. Location: Studio				
Cycle 5:15- 6:00 p.m. with Annette Location: Upstairs	Tap 11:30- 12:15 p.m. with Stacy Location: Dance Studio	Cycle 5:15- 6:00 p.m. with Annette Location: Upstairs		Zumba 5:45 - 6:45 p.m. with Lisa Location: Studio		
Zumba 5:30 - 6:30 p.m. with Beth Location: Studio	Wellness Center Cardio and Strength 11:30 - 12:30 p.m. with Suzanne Location: W.C	Zumba 5:30 - 6:15 p.m. with Maria Location: Studio	Power & Grit 5:00- 5:45 p.m. with Rosemary Location: Studio	Cardio and Strength 7:00 - 8:00 p.m. with Suzanne Location: Studio		
Muscle Mix 6:30 - 7:30 p.m. with Beth Location: Studio	Power Pedal 5:00- 5:45 p.m. with Rosemary Location: Upstairs	Kick and Sculpt 6:15- 7:15 p.m. with Beth Location: Studio	Zumba 6:00 - 7:00 p.m. with Tatyana Location: Studio			
Step 7:45 - 8:45 p.m. with Suzanne Location: Studio	Zumba Toning 6:00 - 6:45 p.m. with McClees Location: Studio	Hatha Yoga 6:30-7:30 p.m. with Meeta Location: Upstairs	Insanity 7:00 - 8:00 p.m. with Gia Location: Studio			
	Family Zumba 6:00 - 6:45 p.m. with Tatyana Location: Dance Studio (ages 7 and up)		Stability Ball, Glutes and Body Pump 8:00 - 8:45 p.m. with Suzanne Location: Studio			
	Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio					
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 2/3/26