



## HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

### Winter- 2025 Schedule January 6 - March 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRX Circuit Class 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	TRX Circuit Class 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
	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	<b>*NEW*</b> *Starting 1/22/25* Move With Motion 8:30 - 9:30 am with Pat Location: Upstairs	Zumba 8:45 - 9:45a.m. with Toni Location: Studio	<b>*NEW*</b> *Starting 1/24/25* Move With Motion 8:30 - 9:30 am with Pat Location: Upstairs	Zumba 9:00 - 10:00a.m. with Toni Location: Studio	
Chisel 8:45 - 9:30 a.m. With Gia Location: Studio	Cycle 9:00 - 10:00 a.m. With Annette Location: Upstairs	Chisel 9:00 - 9:45 a.m. With Gia Location: Studio	<b>*New Instructor/Time*</b> *Gentle Yoga 9:00 - 10:00 a.m. With Beth A. Location: Upstairs	Cardio and Strength 8:45 - 9:45 a.m. With Suzanne Location: Studio	*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	Pilates 9:00 - 9:45 a.m. With Pat Location: Studio
Step 9:45-10:45am withSuzanne Location: Studio	*Shape Up 10:00- 11:00a.m. with Holly Location: Gymnasium	Pilates 10:00-11:00 a.m. with Holly Location: Upstairs	*Funky Fitness 10:00 -11:00a.m. with Stacy Gymnasiums	*SoulBody Yoga Sculpt 10:00-11:00a.m. with Stacy Location: Studio	Cardio Step 10:15 - 11:15a.m. With Suzanne Location: Studio	Step 10:00 - 10:45 a.m. With Pat Location: Studio
<b>*New Instructor*</b> *Gentle Yoga 10:00 - 11:00 a.m. With Beth A. Location: Upstairs	<b>**Intermediate Tai Chi</b> 10:00 - 11:00 a.m. With Guy Location: Upstairs	SoulBody Barre 10:00 -11:00a.m. w/Stacy Location: Studio	Stability Ball and Strength 11:00-11:50am with Suzanne Location: Studio	*Walk and Weights 10:30am-11:30pm with Arlene Location: Upstairs	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	<b>*NEW TIME*</b> Chisel 11:00 - 12:00pm with Suzanne Studio
Zumba 11:00a.m.-12:00p.m. with Tatyana Location: Studio	<b>**Tai Chi</b> 11:00 - 12:00 p.m. With Guy Location: Upstairs	*Light Weight Workout with Katrine 12:00-1:00pm Studio	*Basic Mat Pilates 11:15a.m. -12:15p.m. with Stacy Location: Upstairs	<b>*NEW*</b> *Stretch and Flex 11:30 a.m. - 12:15 p.m. with Holly Location: Upstairs	Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Line Dance 12p-1pm with Jeremy Location: Dance Studio	Shape Up: Mat Work 11:00 - 11:30a.m. with Stacy Location: Gymnasium	<b>*New Instructor*</b> Chair Yoga with Beth A. 1:00 - 2:00 p.m. Studio	<b>*Gentle Fitness</b> with Arlene 12:00-1:00 p.m. Studio			
*Light Weight Workout with Katrine 12:00 - 1:00 pm Location: Studio	Tap 11:30 a.m. - 12:15 p.m. with Stacy Location: Dance Studio	Interval Cycle 5:15- 6:15p.m. with Susanne Location: Upstairs				
Chair Yoga with Danielle 1:00 - 2:00 p.m. Location: Studio	<b>*NEW*</b> Wellness Center Cardio and Strength 12:00 - 1:00 p.m. With Suzanne Location: W.C	<b>*New Instructor*</b> Zumba 5:30 - 6:15 p.m. With Maria Location: Studio				
Cycle 5:15- 6:15p.m. with Annette Location: Upstairs	Cycle 5:00- 5:45 p.m. with Rosemary Location: Upstairs	Kick and Sculpt 6:15- 7:15 p.m. with Beth Location: Studio	Circuit Training 5:00- 5:45p.m. w/Rosemary Location: Studio	<b>*NEW*</b> Zumba 5:45 - 6:45 p.m. With Lisa Location: Studio		
Zumba 5:30 - 6:30 p.m. With Beth Location: Studio	Zumba Toning 6:00 - 6:45 p.m. with Jill Location: Studio	Vinyasa Yoga 6:30-7:30 p.m. with Sue Location: Upstairs	Zumba 6:00 - 7:00 p.m. with Tatyana Location: Studio			
Muscle Mix 6:30 - 7:30 p.m with Beth Location: Studio	Family Zumba 6:00 - 6:45 p.m. With Tatyana Location: Dance Studio (ages 7 and up)		Hatha Yoga 6:30 - 7:30 p.m. With Meeta Location: Upstairs			
<b>*New Instructor*</b> Vinyasa Yoga 6:30 - 7:30 p.m. With Beth A. Location: Upstairs	Advanced Kickboxing with Tony 6:30 - 7:30 p.m. <b>**Kids Gym</b>		Insanity 7:00 - 8:00 p.m. with Gia Location: Studio			
	Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio					
<b>Text YMCAGROUPX to 84483 for updates on classes!</b>						* Low Impact Class
schedule is subject to change - please check our website and sign up for text alerts						
<b>highlighted area denotes a change in instructor/time/format/location/new class</b>						
						updated 1/20/25