




HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Modified Christmas Week Schedule 2024

12/23 MONDAY	12/24 TUESDAY	12/25 WEDNESDAY	12/26 THURSDAY	12/27 FRIDAY	12/28 SATURDAY	12/29 SUNDAY
	TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional Fitness Area	CLOSED		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 7:00 - 8:00 a.m. with Richard Location: Studio
			Zumba 8:45 - 9:45a.m. with Toni Location: Studio		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			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		MERRY CHRISTMAS			Cardio Step 10:15 - 11:15a.m. With Suzanne Location: Studio	Step 10:00 - 10:45 a.m. With Pat Location: Studio
			Stability Ball and Strength 11:00-11:50am with Suzanne Location: Studio		*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	Zumba 11:00 - 12:00 p.m. With Lisa Location: Studio
Zumba 11:00a.m.-12:00p.m. with Tatyana Location: Studio	Facility closes at 12 pm		*Gentle Fitness 12:00-1:00pm with Suzanne Location: Studio		Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Line Dance 12p-1pm with Jeremy Dance Studio						
*Light Weight Workout with Katrine 12:00 - 1:00 pm Studio						
Chair Yoga with Danielle 1:00 - 2:00 p.m. Studio						
Cycle 5:15- 6:15p.m. with Annette Location: Upstairs						
Zumba 5:30 - 6:30 p.m. With Beth Location: Studio			Zumba 6:00 - 7:00 p.m. with Tatyana Location: Studio			
Muscle Mix 6:30 - 7:30 p.m with Beth Location: Studio						
			Insanity 7:00 - 8:00 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 12/4/24