## WEAR PROPERTY TRUBBOAY PRIDAY PRIDAY SATURDAY SUNDAY SUNDAY	the	HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE Fall 1 - 2024 Schedule Sept 3 - Oct. 27					
Begins on Seys. 10 Tix Circuit Class T00 - 745 a.m. 20 - 736 a.m. 20 - 7	MONDAY						STINDAY
### 1309 -93-03 om with Rebecca to the with Tarol Location: Studio Location: Operating with Tarol Location: Studio Location: Operating with Tarol Location: Studio Location: Stu	monos.	Begins on Sept. 10 TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional	Core and More 6:30 - 7:30 a.m. Location: Studio	monopai	Begins on Sept. 13 TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional	Muscle Mix 7:45 -8:45 a.m. with Beth	Zumba 7:00 - 8:00 a.m. with Richard
### 24-00-1-100 am. Uniform Studio Location: Studio Location: Studio Coction:			8:30 - 9:30 am with Rebecca	8:45 - 9:45a.m. with Toni	8:30 - 9:30 am with Rebecca	9:00 - 10:00a.m. with Toni	with Tony 9:00 - 10:00a-
Step 3-45-16-45 am with Suzanne Location: Studio Gentie Yoga 1000-11-100 a.m. with Holly Gentie Yoga 1000-11-100 a.m. with Stary Gentie Yoga 1000-11-100 a.m. with Stary Gentie Yoga 1000-11-100 a.m. with Stary Gentie Yoga 11-00-11-100 a.m. with Stary Gentie Yoga With Gentie Yoga With Gentie Yoga With Stary Gentie Finess Holly Gentie Finess With Stary With Stary With Stary Gentie Finess With Stary Gentie Finess With Stary With Stary Gentie Finess	8:45 - 9:30 a.m. With Gia	8:45 - 9:45 a.m. with Toni	9:00 - 9:45 a.m. With Gia	*Gentle Yoga 10:00 - 11:00 a.m. With Mary	8:45 9:45 a.m. With Suzanne	9:30 - 10:30 a.m. with Katrine	9:00 - 9:45 a.m. With Pat
Schepholosen, Schopholosen, Soldisody sarrier, 100 (1997)	9:45-10:45am withSuzanne	9:00 - 10:00 a.m. With Annette	10:00-11:00 a.m. with Holly	*Funky Fitness 10:00 -11:00a.m. with Stacy	10:00-11:00a.m. with Stacy	10:15 -11:15a.m. With Suzanne	10:00 - 10:45 a.m. With Pat
Tage 1	10:00 - 11:00 a.m. With Mary	10:00- 11:00a.m. with Stacy	10:00 -11:00a.m. w/Stacy	Strength 11:00-11:50am with Suzanne	10:30am-11:30pm with Danielle	10:30 - 11:30 a.m. with Katrine	11:00 - 12:00 p.m. With Lisa
11:00 - 12:00 p.m. With Guy Dance Studio Light Weight Workout with Katrine With Mary Dance Studio Chair Yoga with Danielle 11:00 - 1:00 pm Studio Chair Yoga with Danielle 11:00 - 2:00 p.m. Studio Chair Yoga with Danielle 11:00 - 2:00 p.m. Studio Cycle 5:15-6:15p.m. with Stacy Location: Upstairs Cycle 5:15-6:15p.m. with Stacy Location: Upstairs Cycle 5:15-6:15p.m. with Stacy Location: Studio Cycle 5:15-6:15p.m. with Rosemary Location: Studio Cycle 5:00 - 5:45 p.m. with Beth Location: Studio Muscle Mix 5:30 - 6:30 p.m. with Beth Location: Studio Muscle Mix 5:30 - 7:30 p.m. with Beth Location: Studio Muscle Mix 6:30 - 7:30 p.m. with Beth Location: Studio Coation: Studio Sumba Toning 6:00 - 6:45 p.m. with Jill Location: Studio Coation: Studio Cycle 5:15-6:15p.m. with Beth Location: Upstairs Cycle 5:15-6:15p.m. with Beth Location: Upstairs Cycle 5:10 - 6:45 p.m. with Beth Location: Studio Coation: Upstairs Coation: Upstairs Cycle 5:10 - 6:45 p.m. with Beth Location: Studio Coation: Studio Sumba Toning 6:00 - 6:45 p.m. with Jill Location: Studio Coation: Studio	11:00a.m12:00p.m. with Tatyana	10:00 - 11:00 a.m. With Guy	11:15 a.m12:00p.m with Mary	11:15a.m12:15p.m. with Stacy	*Stability Ball 11:30 - 12:15 p.m. With Holly	11:15 - 11:45am with Suzanne	12:00 - 12:45pm with Susanne
with Katrine 12:00 -1:00 pm Studio Chair Yoga With Danielle 1:00 -2:00 p.m. Studio Shape Up: Mat Work with Danielle 1:00 -2:00 p.m. Studio Shape Up: Mat Work with Stacy Location: Gymnasium CYcle 5:15- 6:15p.m. with Stacy Location: Upstairs Zumba 5:30 -6:30 p.m. With Beth Location: Studio Cycle 5:15- 6:30 p.m. With Beth Location: Studio Muscle Mix 6:30 -7:30 p.m. with Beth Location: Studio Zumba 5:00 -6:45 p.m. with Beth Location: Studio With Jill Location: Studio Vinyasa Yoga 6:30 -7:30 p.m. with Beth Location: Studio TNEW* Vinyasa Yoga 6:30 -7:30 p.m. With Raren Location: Dance Studio Circuit Training 6:30 -7:30 p.m. with Beth Location: Studio Advanced Kickboxing with Talyana Location: Upstairs Advanced Kickboxing with Talyana Location: Upstairs Circuit Training 6:45 -7:45 p.m. with Gia Location: Studio Circuit Training 6:45 -7:45 p.m. with Gia Location: Studio Text YMCAGROUPX to 84483 for updates on classes! 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	12p-1pm with Jeremy	11:00 - 12:00 p.m. With Guy	with Katrine 12:00-1:00pm	with Suzanne 12:00-1:00 p.m.			
with Danielle 1:00 - 2:00 p.m., Studio Cycle 5:15-6:15p.m. with Stacy Location: Optical Studio Cycle 5:15-6:15p.m. with Stacy Location: Upstairs Cycle 5:30 - 6:30 p.m. with Stacy Location: Dance Studio Cycle 5:00 - 5:45 p.m. with Stacy Location: Studio Cycle 5:00 - 5:45 p.m. with Rosemary Location: Studio Coation: Studio Coation: Studio Cycle 5:00 - 5:45 p.m. with Rosemary Location: Studio Coation: Studio Coation: Studio Muscle Mix 6:00 - 6:45 p.m. with Beht Location: Studio Location: Studio Vinyasa Yoga 6:30 - 7:30 p.m. with Jill Location: Studio Location: Upstairs Vinyasa Yoga 6:30 - 7:30 p.m. with Jill Location: Studio Circuit Training 6:45 - 7:45 p.m. with Taryana Location: Upstairs Advanced Kickboxing With Taryana Location: Studio Circuit Training 6:45 - 7:45 p.m. with Tony With Taryana Location: Dance Studio Circuit Training 6:45 - 7:45 p.m. with Sizuanne Location: Studio Circuit Training 6:45 - 7:45 p.m. with Sizuanne Location: Studio Circuit Training 6:45 - 7:45 p.m. with Sizuanne Location: Studio Circuit Training 6:45 - 7:45 p.m. with Sizuanne 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	12:00 - 1:00 pm	with Mary 11:15 - 12:15 p.m.	with Danielle 1:00 - 2:00 p.m.				
5:15-6:15p.m. with Annette Location: Upstairs Zumba	with Danielle 1:00 - 2:00 p.m.	11:00 - 11:30a.m. with Stacy	5:15- 6:15p.m. with Susanne				
5:30 - 6:30 p.m. With Reth Location: Studio Muscle Mix 6:30 - 7:30 p.m. with Beth Location: Studio Muscle Mix 6:30 - 7:30 p.m. with Beth Location: Studio Vinyasa Yoga 6:30 - 7:30 p.m. With Tatyana Location: Upstairs *NEW* Vinyasa Yoga 6:30 - 7:30 p.m. With Tatyana Location: Upstairs *NEW* Vinyasa Yoga 6:30 - 7:30 p.m. With Tatyana Location: Upstairs *Output *Insanity Tool - 8:40 p.m. With Tony G:30 - 7:30 p.m. With Tony G:30 - 7:30 p.m. With Gia Location: Studio *Circuit Training 6:45 - 7:45 p.m. With Gia Location: Studio *Insanity Tool - 8:00 p.m. With Gia Location: Studi	5:15- 6:15p.m. with Annette	11:30 a.m 12:15 p.m. with Stacy	5:30 - 6:15 p.m. With Lisa.	5:00- 5:45p.m. w/Rosemary			
6:30 - 7:30 p.m with Beth Location: Studio **NEW** Vinyasa Yoga 6:30 - 7:30 p.m. With Tayana Location: Dance Studio (ages 7 and up) **Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio **Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio **Circuit Training 6:45 - 7:45 p.m. with Suzanne Location: Studio **Text YMCAGROUPX to 84483 for updates on classes! **Low Impact Class **Low I	5:30 - 6:30 p.m. With Beth	5:00- 5:45 p.m. with Rosemary	6:15- 7:15 p.m. with Beth	6:00 - 7:00 p.m. with Tatyana			
Vinyasa Yoga 6:30 - 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 Circuit Training 6:45 - 7:45 p.m. With Gia Location: Studio Coation: Studio Circuit Training 6:45 - 7:45 p.m. With Gia Location: Studio Text YMCAGROUPX to 84483 for updates on classes! 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	6:30 - 7:30 p.m with Beth	6:00 - 6:45 p.m. with Jill	6:30-7:30 p.m. with Sue	6:30 - 7:30 p.m. With Meeta			
Circuit raining 6:45 - 7:45 p.m. with Gia Location: Studio Text YMCAGROUPX to 84483 for updates on classes! 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	Vinyasa Yoga 6:30 - 7:30 p.m. With Karen	6:00 - 6:45 p.m. With Tatyana Location: Dance Studio	with Tony 6:30 - 7:30 p.m.	7:00 - 8:00 p.m. with Gia			
Text YMCAGROUPX to 84483 for updates on classes! 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		6:45 - 7:45 p.m. with Gia	Glutes 7:15 - 8:15p.m. with Suzanne				
				•		alerts	
10.0 Jan. 10.0 J		highligh	ted area denotes a cha	ange in instructor/time/	format/location/new	class	
updated 9/6/24/2							updated 9/6/24/2