



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Fall 1 - 2024 Schedule Sept 3 - Oct. 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Begins on Sept. 10 TRX Circuit Class 7:00 - 7:45 a.m. With Rosemary Location: Functional Fitness Area	Core and More 6:30 - 7:30 a.m. Location: Studio Instructor: Debbie		Begins on Sept. 13 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
		Hatha Yoga 8:30 - 9:30 am with Rebecca Location: Upstairs	Zumba 8:45 - 9:45a.m. with Toni Location: Studio	Hatha Yoga 8:30 - 9:30 am with Rebecca Location: Upstairs	Zumba 9:00 - 10:00a.m. with Toni Location: Studio	Beginner Kickboxing with Tony 9:00 - 10:00a- Kids Gym
Chisel 8:45 - 9:30 a.m. With Gia Location: Studio	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Chisel 9:00 - 9:45 a.m. With Gia Location: Studio	NEW TIME *Gentle Yoga 10:00 - 11:00 a.m. With Mary 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	Cycle 9:00 - 10:00 a.m. With Annette Location: Upstairs	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
Gentle Yoga 10:00 - 11:00 a.m. With Mary Location: Upstairs	*Shape Up 10:00 - 11:00a.m. with Stacy Location: Gymnasium	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 Danielle Location: Upstairs	*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	**Intermediate Tai Chi 10:00 - 11:00 a.m. With Guy Location: Upstairs	Zumba Toning 11:15 a.m.-12:00p.m with Mary Location: Studio	*Basic Mat Pilates 11:15a.m. -12:15p.m. with Stacy Location: Upstairs	*NEW* *Stability Ball 11:30 - 12:15 p.m. With Holly Location: Studio	Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	Chisel 12:00 - 12:45pm with Susanne Studio
Line Dance 12p-1pm with Jeremy Dance Studio	**Tai Chi 11:00 - 12:00 p.m. With Guy Location: Upstairs	*Light Weight Workout with Katrine 12:00-1:00pm Studio	*Gentle Fitness with Suzanne 12:00-1:00 p.m. Studio			
*Light Weight Workout with Katrine 12:00 - 1:00 pm Studio	*Gentle Fitness with Mary 11:15 - 12:15 p.m. Studio	Chair Yoga with Danielle 1:00 - 2:00 p.m. Studio				
Chair Yoga with Danielle 1:00 - 2:00 p.m. Studio	Shape Up: Mat Work 11:00 - 11:30a.m. with Stacy Location: Gymnasium	Interval Cycle 5:15- 6:15p.m. with Susanne Location: Upstairs				
Cycle 5:15 - 6:15p.m. with Annette Location: Upstairs	Tap 11:30 a.m. - 12:15 p.m. with Stacy Location: Dance Studio	Zumba. 5:30 - 6:15 p.m. With Lisa. Location: Studio	Circuit Training 5:00- 5:45p.m. w/Rosemary Location: Studio			
Zumba 5:30 - 6:30 p.m. With Beth Location: Studio	Cycle 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			
Muscle Mix 6:30 - 7:30 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	Hatha Yoga 6:30 - 7:30 p.m. With Meeta Location: Upstairs			
NEW Vinyasa Yoga 6:30 - 7:30 p.m. With Karen Location: Upstairs	Family Zumba 6:00 - 6:45 p.m. With Tatyana Location: Dance Studio (ages 7 and up)	Advanced Kickboxing with Tony 6:30 - 7:30 p.m. Dance Studio	Insanity 7:00 - 8:00 p.m. with Gia Location: Studio			
	Circuit Training 6:45 - 7:45 p.m. with Gia Location: Studio	Stability Ball, Abs & Glutes 7:15 - 8:15p.m. with Suzanne 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 9/6/24/24