



HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

Modified Schedule for July 4 Week Holiday

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Core and More 6:30 - 7:30 a.m. Location: Studio	Facility Open @ 7am		Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	Zumba 7:00 - 8:00 a.m. with Richard Location: Studio
	Cardio Fusion 6:30-7:15 a.m. With Pat Location: Studio	Hatha Yoga 8:30 - 9:30 am with Rebecca Location: Upstairs		Hatha Yoga 8:30 - 9:30 am with Rebecca Location: Upstairs	Zumba 9:00 - 10:00a.m. with Toni Location: Studio	Kickboxing with Tony 9:00 - 10:00a- Kids Gym (Gloves not provided)
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		Cardio and Strength 8:45 - 9:45 a.m. Suzanne	*Pilates 9:30 - 10:30 a.m. with Katrine Location: Upstairs	Pilates 9:00 - 9:45 am with Pat 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			Cardio Step 10:15 -11:15a.m. With Suzanne Location: Studio	Step 10:00 - 10:45 a.m. With Pat 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		*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		**Zumba Toning 11:15 a.m.-12:00p.m with McClees 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	Facility Closes @ 12pm			
*Light Weight Workout with Katrine 12:00 - 1:00 pm Studio	*Gentle Fitness with Mary 11:15 - 12:15 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		Zumba 5:30 - 6:30p.m. with Tatyana 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				
Muscle Mix 6:30 - 7:30 p.m 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				
	Family Zumba 6:00 - 6:45 p.m. With Tatyana Location: Dance Studio (ages 7 and up)	Kickboxing with Tony 6:30 - 7:30 p.m. Dance 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				
NEW 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						