



## HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE

### Spring I- 2025 Schedule March 3 - April 27

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
Chisel 8:45 - 9:30 a.m. with Gia Location: Kids Gym	Zumba 8:45 - 9:45 a.m. with Toni Location: Studio	Move With Motion 8:30 - 9:30 am Location: Upstairs	Zumba 8:45 - 9:45a.m. with Toni Location: Studio	Move With Motion 8:30 - 9:30 am with Pat Location: Upstairs	Zumba 9:00 - 10:00a.m. with Toni Location: Studio	
Step 9:45-10:45am with Suzanne Location: Studio	Cycle 9:00 - 10:00 a.m. with Annette Location: Upstairs	Chisel 9:00 - 9:45 a.m. with Gia Location: Studio	*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
*Gentle Yoga 10:00 - 11:00 a.m. With Beth A. Location: Upstairs	*Shape Up 10:00- 11:00a.m. with Stacy 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
Zumba 11:00-12:00p.m. with Tatyana Location: Studio	**Intermediate Tai Chi 10:00 - 11:00 a.m. with Guy Location: Upstairs	SoulBody Barre 10:00 -11:00a.m. with Stacy Location: Studio	Stability Ball and Strength 11:00-11:50am with Suzanne Location: Studio	*Walk and Weights 10:15-11:15am with Arlene Location: Kids Gym	*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	Chisel 11:00 - 12:00pm with Susanne Location: Studio
Stability Ball and Core 11:15-12pm with Holly Location: Upstairs	**Tai Chi 11:00 - 12:00 p.m. with Guy Location: Upstairs	*SoulBody Restore 11:15-12:15pm with Stacy Location: Upstairs	*Basic Mat Pilates 11:15-12:15p.m. with Stacy Location: Upstairs	*Stretch and Flex 11:30 - 12:15 p.m. with Holly Location: Upstairs	Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Line Dance 12:00-1:00pm with Jeremy Location: Dance Studio	Shape Up: Mat Work 11:00 - 11:30a.m. with Stacy Location: Gymnasium	*Light Weight Workout 12:00-1:00pm with Katrine Location: Studio	*Gentle Fitness with Arlene 12:00-1:00 p.m. Studio			
*Light Weight Workout with Katrine 12:00 - 1:00 pm Location: Studio	Tap 11:30- 12:15 p.m. with Stacy Location: Dance Studio	Chair Yoga with Beth A. 1:00 - 2:00 p.m. Studio				
Chair Yoga 1:00 - 2:00 p.m. with Danielle Location: Studio	Wellness Center Cardio and Strength 11:30 - 12:30 p.m. with Suzanne Location: W.C	Interval Cycle 5:15- 6:15p.m. with Susanne Location: Upstairs				
Cycle 5:15- 6:15p.m. with Annette Location: Upstairs	Cycle 5:00- 5:45 p.m. with Rosemary Location: Upstairs	Zumba 5:30 - 6:15 p.m. with Maria Location: Studio	Full Body Circuit Blast 5:00- 5:45p.m. with Rosemary Location: Studio	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	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	Family Zumba 6:00 - 6:45 p.m. with Tatyana Location: Dance Studio (ages 7 and up)	Vinyasa Yoga 6:30-7:30 p.m. with Sue Location: Upstairs	Hatha Yoga 6:30 - 7:30 p.m. with Meeta Location: Upstairs			
Vinyasa Yoga 6:30 - 7:30 p.m. with Beth A. Location: Upstairs	Advanced Kickboxing 7:30 - 8:30 p.m. with Tony Location: Kids Gym		Insanity 7:00 - 8:00 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!						* 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 3/19/25