

HAMILTON AREA YMCA GROUP EXERCISE SCHEDULE



Modified Thanksgiving Weekend

THURSDAY	FRIDAY	SATURDAY	SUNDAY
Facility opens 7 a.m.		Muscle Mix 7:45 - 8:45 a.m. with Beth Location: Studio	Zumba 7:00 - 8:00 a.m. with Richard Location: Studio
		Zumba 9:00 - 10:00a.m. with Toni Location: Studio	
	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
	*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
		*Stretch and Flex 10:30 - 11:30 a.m. with Katrine Location: Upstairs	
		Thirty Minute Abs 11:15 - 11:45am with Suzanne Location: Studio	
Facility closes 12 p.m.			
		updated 11/5/24	

