



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

HAMILTON FAMILY YMCA

Winter 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am (Aerobics) Xtreme-Fit Level 2 Melissa (75 min)	5 am Cycle ❤️ Charles	5 am (Aerobics) Xtreme-Fit Level 2 Melissa (75 min)	5 am Cycle ❤️ Charles	5 am (Aerobics) BODYPUMP® Cara	8:15 am (Aerobics) BODYPUMP® Rotating
8:15 am (Aerobics) Barre365 Jessica C.	6 am Cycle ❤️ Jennifer	8:15 am (Aerobics) Barre365 Jessica C.	6 am Cycle ❤️ Jennifer	8:15 am (Aerobics) Barre365 Jessica C.	9:00 am (Memorial Room) Barre365
9 am (Aerobics) Zumba® Jay	8 am (Memorial) Balance + Stability Tina (45 min)	9 am (Aerobics) Zumba® Yahaira	8 am (Memorial) Balance + Stability Tina (45 min)	9 am (Aerobics) Zumba® Jay	9:15 am Cycle ❤️ Amanda
9 am Cycle ❤️ Tammy	8:15 am (Aerobics) Core2Floor Caroline(30 minutes)	9 am Cycle ❤️ Tammy	8:15 am (Aerobics) Core2Floor Caroline (30minutes)	9 am Cycle ❤️ Tricia	9:20 am (Aerobics) Turbo Kick Caroline
9 am (CmRmB) SilverSneakers® Classic Darlene(45 min)	8:55 am (CmRmB) Balance +Stability 45 min	9 am (CmRmB) SilverSneakers® Classic Darlene (45min)	9 am (CmRmB) Balance +Stability (45 min.)	9 am (Gym) Total Body Platinum (60 min) Caroline	9:15 am Yoga (Yth Acct. Ctr.) Mary
9 am (Gym) Total Body Platinum (60 min) Caroline	9 am (Aerobics) BODYPUMP® Caroline	9 am (Gym) Total Body Platinum (60 min) Caroline	9 am (Aerobics) BODYPUMP® Caroline	10 am (Aerobics) Turbo Kick - Caroline	10:30 am (Aerobics) Zumba® - Yahaira
10 am (Aerobics) Turbo Kick Caroline	9 am (Gym) Total Body Platinum (60 min) Kelly	10 am (Gym B) Body Sculpt Tammy	9 am (Gym) Total Body Platinum (1 hour) Kelly	10 am (CmRmB) Silver Sneakers® Circuit Tina (45 min)	
10 am (Gym B) Body Sculpt Tammy	9 am (Yth Act. Ctr.) Yoga Missi	10 am (Aerobics) PIYO Strength® Cara	9 am (Yth Acct Ctr) Yoga Missi	10 am (Acct. Ctr.) Yoga Karen	
10:15 am (Memorial Room) Barre365 Jessica C.	10 am (CmRmB) SilverSneakers® Classic Christine (45 min)	10:15 am (Memorial Room) Barre365 Jessica C.	10 am (CmRmB) Silver Sneakers® Classic Christine (45 min)	11 am (Memorial) Silver Sneakers® Yoga (45 min) - Madeline	
11:15 am (Aerobics) SilverSneakers® Circuit Tina (45 min)	10 am (Aerobics) Traditional Step Tina	11:15 am (Aerobics) Silver Sneakers® Yoga (45 min) Madeline	10 am (Aerobics) Traditional Step Tina	11:15 am (Aerobics) Zumba Gold® Joan	
4:30 pm (Aerobics) Pilates T.A.	11:15 am (Aerobics) Silver Sneakers® Circuit Christine (45 min)	1 -2 pm (Aerobics) Zumba Gold Portia	11:15 am (Aerobics) Silver Sneakers® Circuit Christine	4:30 pm (Aerobics) Pilates T.A.	
4:30 - 5:30 pm (Gym) Youth Fitness (9-15 yrs) Brad	4:30 pm (Aerobics) Zumba® Yahaira	2-3 pm (Aerobics) Chair Yoga/Balance Karen	4:30 pm (Aerobics) Zumba® Yahaira	4:30 - 5:30 pm (Gym) Youth Fitness (9-15 yrs) Brad	
5:15 pm (Memorial Rm) Barre365 Kendall	5:30 pm Cycle ❤️ Joann	4:30 pm (Aerobics) Pilates	5:15 pm (Memorial Room) Barre365		
5:30 pm Cycle ❤️ Amanda	5:45 pm (Yth.Act.Ctr) Yoga Susan	4:30 - 5:30 pm (Gym) Youth Fitness (9-15 yrs) Brad	5:30 pm Cycle ❤️ Joann		
5:30 pm (Aerobics) Zumba® Yahaira	5:55 pm (Aerobics) BODYPUMP® Maria	5:30 pm (Aerobics) Zumba® Anna	5:55 pm (Aerobics) BODYPUMP® - Mary		
6:00 pm (Acct. Ctr.) Yoga Shannon	6:30 pm Cycle Joann	5:30 pm Cycle Shannon	6:30 pm Cycle Joann		
6:30 pm (Aerobics) Core2Floor (30 min) - Dawns	7 pm (Aerobics) Xtreme Fit - Level 2 Dawns	6:30 pm (Aerobics) Beginner Pilates - Shannon	7 pm (Aerobics) Xtreme Fit - Level 2 Dawns		
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Group Exercise Class Descriptions

Balance & Stability	This class increases your balance by working your core muscles in a circuit using yoga blocks, chairs and other equipment.
Barre365	This class is a true cardio and ballet inspired workout where each movement is specifically choreographed to the music. Each body-sculpting, fat-burning, endurance-building class incorporates barre exercises to gain muscle control, increased flexibility and development of long, lean muscles.
Body Sculpt	A weight and resistance training class that helps shape your body using dumbbells, barbells, exer- tubes, bands, yoga balls, and your own body weight. The class strength hits all major muscle groups in a week's classes.
Core2Floor	A class focusing on the abdominals, buttocks, and hips. A wide variety of exercises are used to target the muscles in these areas with the intent to tone and strengthen.
Cycle	A virtual reality bike ride encompassing an all over body and cardiovascular workout. <i>New 'cyclists' arrive 10 min early for set-up/instruction.</i>
 BODYPUMP	BODYPUMP® is the "original barbell" class that strengthens your entire body and challenges all you major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast!
Pilates	This unique class is designed to improve flexibility and strength in a non-impact, balanced system of body/mind control. Core strengthening and conditioning are also an integral part of this class.
PIYO Strength®	A unique class combining yoga and Pilates exercises designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power and rhythm. Please bring your own pilates/yoga mat to class.
SilverSneakers® Cardio	Get up & go with an aerobics class for you: safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, upper-body strength activities, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.
SilverSneakers® Classic	Enjoy a variety of exercises while moving to music in this chair based program. The class is designed to increase endurance and strength which will assist in easier management of your functional daily routine. Activities include exercise using hand-held weights, elastic tubing and balls plus learning to stretch and relax.
SilverSneakers® Circuit	Combine fun and fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. Upper-body strength is developed using hand-held weights and elastic tubing with handles, and a ball is alternated with nonimpact aerobic choreography. A chair is offered for support, head-to-toe stretching, and complete relaxation in a comfortable position.
Step Interval	A class alternating bouts of step aerobics or other high-energy cardio moves with strength exercises. Burn more calories and fat in this proven, time-efficient training module that incorporates cardio and strength in a high-intensity one hour class.
Total Body Ex./Plat.	Run, jump, lift and more to a healthier body. Get an all-over workout in 30 minutes. You will participate in strength and cardio exercises along with abdominal exercises for a full body workout.
Traditional Step	A low impact, high-intensity workout using adjustable platforms, followed by a short strength workout. This class is appropriate for all levels. Lots of modifications are available to suit your needs.
Turbo Kick®	Fun, fast and easy fat-blasting moves that work every part of your body with phenomenal focus on fabulous abdominals without even hitting the floor.
Xtreme Fit	Burn calories, increase endurance, and add muscle with this intense workout done to music. You will use a wide variety of equipment from weights to Bosu balls to exercise bands and even your own body weight in this high-energy class. Release tension in a fun and fast paced class. Level 1 is high intensity with frequent breaks. Level 2 is high intensity for the serious exerciser.
Yoga	More athletes are discovering what the integrated mind-body approach to total wellness can do. Yoga will stretch and strengthen your body in a totally new way to help relieve tension from your body that blocks energy flow and makes you more vulnerable to injury and illness.
Yoga Stretch-SilverSneakers®	Vertical yoga Exercises may be done while seated in a chair or standing. No floor/mat work in this class. Regular yoga participants are welcome to bring mats & join in-instruction offered for mat, chair and standing
Zumba®	Ditch the workout—join the party! Enjoy crazy fun dance aerobics to Latin music. Try it once and you'll be hooked.
Zumba® Gold	Zumba for beginners of all ages—it's exercise in disguise! Great place to learn your Zumba steps in a non-intimidating atmosphere with Zumba Toning (utilizes toning, maraca-like sticks) for upper body conditioning during dance.