
































YMCA HAMILTON GROUP EXERCISE CLASSES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00 am	Spinning 	Box & Burn 	Generator 	Box & Burn 	Re-Flex 6:15am 		
07:00 am			Express Spin 		Express Spin 		
09:00 am	Pilates 	Power Play 	Muscle Sculpt 	Re-Flex 		Cardio 3 	Yoga 
10:30 am		Y-Gold 		Y-Gold 			
11.30 am	Community Fit 						
12:30 pm		Fit in 25 		Express Pilates 			
05:30 pm	Box & Burn 		Yoga 5pm 		Jumpstart 		
05:30 pm	Express Spin 	Jumpstart 	Box & Burn 				
06:00 pm	Power Play 	METAFIT 	Cardio 3 				
06:45 pm	Ab Blast 						

Spin (Express Spin- 30mins)	Indoor cycling that improves cardiovascular health, helps in weight loss and improves lower body muscle tone
Muscle Sculpt	Improve muscle tone, excellent for weight loss and increasing bone density.
Power Play	Improve fitness, strength and power with our challenging circuit style exercises, tasks and games.
Cardio 3	For all levels of ability – A mix of floor exercises and any cardio machine of your choice. Full of support and fun!
METAFIT	Change your resting metabolism; work big muscle groups, simple choreography, high intensity interval training.
Generator	Make new friends, motivate and challenge yourself & improve your health in this mixed cardio/circuit.
Box & Burn	Partner boxing class using gloves and pads. Improves cardiovascular health, muscle tone and coordination.
Re-Flex	REmove stress, RELax and improve your FLEXibility through traditional stretches.
Pilates	Improves flexibility, increased core strength and muscle tone overall.
Yoga	Increase flexibility and posture, great immunity boost and helps in stress management and relaxation.
Fit in 25	Maximise your lunch break & get energised with our convenient 25minute fast paced class and full of variety.
Y-Gold	Designed for the young at heart, structured to give senior citizens back their independence through fitness and wellbeing exercises.
Community Fit	A group class for individuals within community care – Every session you will learn something new. Koha donation for non-members.
Jumpstart	A fun class for people with diabetes. Move more while having fun and learning how to make healthy lifestyle changes.


Low Intensity


Low – Medium Intensity


Medium – High Intensity

All Classes are 45-60 mins unless otherwise stated