

Cambridge Area YMCA Family Center

1301 Clairmont Ave
Cambridge, OH 43725
(740) 432-4600

ADULT GROUP EXERCISE CLASS SCHEDULE
7 Week Session: 01/06/2025 – 02/22/2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level
9:00-11:00AM Pickleball Gymnasium		9:00-11:00AM Pickleball Gymnasium		9:00-11:00AM Pickleball Gymnasium		9:00-11:00AM Pickleball Gymnasium		9:00-11:00AM Pickleball Gymnasium		9:00-11:00AM Adult & Family Pickleball Gymnasium (1/2 court)	
9:15-10:00AM Indoor Cycling Studio 1A <i>Doree</i>	9:30-10:15AM SilverSneakers Classic Studio 2A <i>Courtney</i>		9:30-10:15AM Chair Flow Studio 2A <i>Barb</i>	9:15-10:00AM Indoor Cycling Studio 1A <i>Doree</i>	9:30-10:15AM SilverSneakers Circuit Studio 2A <i>Courtney</i>		9:30AM-10:15PM Slow Flow Yoga Studio 2A <i>Carol</i>	9:15-10:00AM Pilates Studio 1A <i>Rachel</i>	9:30-10:15AM SilverSneakers Classic Studio 2A <i>Courtney</i>	9:15-10:00AM Indoor Cycling Studio 1A <i>Doree</i>	
10:15-11:15AM Curls & Crunches Studio 1A <i>Doree</i>	10:30-11:15AM Pilates Studio 2A <i>Courtney</i>		10:30-11:15AM Sr Strength (upper body) Studio 2A <i>Courtney</i>	10:15-11:15AM Curls & Crunches Studio 1A <i>Doree</i>	10:20-10:45AM SilverSneakers Stability Studio 2A <i>Courtney</i>		10:30-11:15AM Sr Strength (lower body) Studio 2A <i>Courtney</i>	10:20-10:45AM SilverSneakers Stability Studio 2A <i>Courtney</i>	10:15-11:00AM Tabata Total Body Studio 1A <i>Tasha</i>		
	11:30-12:15PM Slow Flow Yoga Studio 2A <i>Carol</i>						11:30AM-12:15PM Chair Assisted Step Studio 2A <i>Barb</i>				



Cambridge Area YMCA Family Center

1301 Clairmont Ave
Cambridge, OH 43725
(740) 432-4600

ADULT GROUP EXERCISE CLASS SCHEDULE
7 Week Session: 01/06/2025 – 02/22/2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level
5:15-6:00PM Step Studio 1A <i>Rachael</i>		5:15-6:00PM Total Body Training Studio 1A <i>Susan</i>		5:15-6:00PM Muscle Up! Studio 1A <i>Tasha</i>		5:15-6:00PM Cycle & Lift Studio 1A <i>Tasha</i>	5:15-6:15PM Vinyasa Flow Yoga Studio 2A <i>Carmella</i>	5:00-6:30PM Pickleball Gymnasium			
					6:15-7:00PM Slow Flow Yoga Studio 2A <i>Carol</i>	6:15-7:00PM Lower Body Burn Studio 1A <i>Rachael</i>					

TO REGISTER: Name _____ **Phone** _____ **Email** _____



APPLE STORE



WHAT IS YMCA360?

YMCA360.org

An added benefit of your Cambridge Area YMCA membership that allows you to customize your health and wellness journey.

- A healthy living network for people of all ages and activity levels.
- Livestream and on-demand classes taught by instructors from around the country.
- 1000+ pieces of content for the mind, body, and spirit.
- Exercise classes, gymnastics, youth sports videos, nutrition/cooking classes and more!



To build strong kids, strong families, and strong communities by providing educational, social, and physical education programs focusing on life skills, citizenship, character development, and health.

