

Cambridge Area YMCA Family Center

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



ADULT GROUP EXERCISE CLASS SCHEDULE

7 Week Session: 9/8/2026 – 10/24/2026

AM

MONDAY	Lower Level – Studio 1A		10:15-11:15AM Curls & Crunches <i>Doree</i>	
	Main Level – Studio 2A	9:15-10:00AM SilverSneakers Classic <i>Courtney</i>	10:15-11:00AM SilverSneakers Classic <i>Courtney</i>	11:15AM-12:00PM Pilates <i>Courtney</i>
TUESDAY	Lower Level – Studio 1A			
	Main Level – Studio 2A	9:30-10:15AM Sit-2-Fit <i>Courtney</i>	10:30-11:15AM Sr Strength <i>Courtney</i>	
WEDNESDAY	Lower Level – Studio 1A		10:15-11:15AM Curls & Crunches <i>Doree</i>	
	Main Level – Studio 2A	9:15-10:00AM SilverSneakers Classic <i>Courtney</i>	10:15-10:45AM Sr Line Dance Basics <i>Barb</i>	10:45-11:15AM Sr Line Dance Progressions <i>Barb</i>
	Main Level – Com Cen	9:15-10:00AM Indoor Cycling <i>Susan</i>	10:15-11:00AM Pilates <i>Courtney</i>	
THURSDAY	Lower Level – Studio 1A	9:30AM-10:15PM Slow Flow Yoga <i>Carol</i>		
	Main Level – Studio 2A	9:30AM-10:15AM Sit-2-Fit <i>Barb</i>	10:30-11:15AM Sr Strength <i>Barb</i>	
FRIDAY	Lower Level – Studio 1A	9:15-10:00AM Pilates <i>Rachel</i>		
	Main Level – Studio 2A	9:15-10:00AM SilverSneakers Classic <i>Courtney</i>	10:15-11:00AM SilverSneakers Classic <i>Courtney</i>	
SATURDAY	Lower Level – Studio 1A		10:15-11:00AM Tabata Total Body <i>Tasha</i>	
	Main Level – Com Cen	9:15-10:00AM Indoor Cycling <i>Susan</i>		
MON – FRI	Main Level – Gym	9:00-11:00AM Pickleball		

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To Register,
Please
provide:

NAME:

PHONE:

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PM

MONDAY	Lower Level – Studio 1A			5:15-6:00PM Step <i>Rachael</i>	6:10-6:40PM AGT – Abs, Glutes & Thighs <i>Tasha</i>
	Main Level – Studio 2A	1:00-1:45PM Slow Flow Yoga <i>Carol</i>			
TUESDAY	Lower Level – Studio 1A		4:15-5:00PM Pilates <i>Susan</i>	5:15-6:00PM Total Body Training <i>Susan</i>	
	Main Level – Studio 2A				
WEDNESDAY	Lower Level – Studio 1A				
	Main Level – Studio 2A	1:00-4:00PM YMCA360 – Virtual 			6:15-7:00PM Slow Flow Yoga <i>Carol</i>
	Main Level – Com Cen				
THURSDAY	Lower Level – Studio 1A			5:15-6:15PM Muscle Up! <i>Tasha</i>	
	Main Level – Studio 2A	1:00-4:00PM YMCA360 – Virtual 			
FRIDAY	Lower Level – Studio 1A				
	Main Level – Studio 2A	1:00-4:00PM YMCA360 – Virtual 			