

Cambridge Area YMCA Family Center

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

ADULT GROUP EXERCISE CLASS SCHEDULE
7 Week Session: 4/13/2026 – 5/30/2026



TO REGISTER: Name _____ Phone _____ Email _____

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			
					9:15-10:00AM Indoor Cycling Com Cen <i>Susan</i>			9:15-10:00AM Pilates Studio 1A <i>Rachel</i>			9:15-10:00AM Indoor Cycling Com Cen <i>Susan</i>
	9:30-10:15AM SilverSneakers Classic Studio 2A <i>Courtney</i>		9:30-10:15AM Sit-2-Fit Studio 2A <i>Courtney</i>		9:30-10:15AM SilverSneakers Circuit Studio 2A <i>Courtney</i>	9:30AM-10:15PM Slow Flow Yoga Studio 1A <i>Carol</i>	9:30AM-10:15AM Sit-2-Fit Studio 2A <i>Barb</i>		9:30-10:15AM SilverSneakers Classic Studio 2A <i>Courtney</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 Studio 2A <i>Courtney</i>	10:15-11:15AM Curls & Crunches Studio 1A <i>Doree</i>	10:30-11:00AM Sr Line Dance Basics Studio 2A <i>Barb</i>		10:30-11:15AM Sr Strength Studio 2A <i>Barb</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> <i>*4/13, 4/20, 4/27, 5/4</i>				11:00-11:30AM Sr Line Dance Progressions Studio 2A <i>Barb</i>						



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PM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level	Lower Level	Main Level
	1:00-1:45PM Slow Flow Yoga Studio 2A <i>Carol</i> <i>*5/11, 5/18</i>		1:00-4:00PM YMCA360 Studio 2A <i>Virtual</i>		1:00-4:00PM YMCA360 Studio 2A <i>Virtual</i>		1:00-4:00PM YMCA360 Studio 2A <i>Virtual</i>		1:00-4:00PM YMCA360 Studio 2A <i>Virtual</i>
	2:00-4:00PM YMCA360 Studio 2A <i>Virtual</i>								
		4:15-5:00PM Pilates Studio 1A <i>Susan</i>							
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 Step Studio 1A <i>Rachael</i>		5:15-6:15PM Muscle Up! Studio 1A <i>Tasha</i>			
					6:15-7:00PM Slow Flow Yoga Studio 2A <i>Carol</i>				

YMCA360: 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!



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