

Near and far, together we're friends and family in fitness!

**HAMILTON
FITNESS
COMMUNITY**



www.hamiltonfitnesscommunity.com

Stay Strong, Stay Safe
Join our Zoom fitness community
1 Week Free Offer!

****Valid until April 30, 2022***

Monday 8:15 - 9am - Zumba

Monday 9am - Step

Monday 5:30pm - Barre

Tuesday 7 - 7:35am - Light Fit

Tuesday 12:00noon - Mixed Cardio

Tuesday 5:30pm - Yoga

Wednesday 8:30 - 9am - Balance

Wednesday 9am - Resistance Band & Core

Wednesday 12 noon - Yoga

Wednesday 5:30pm - Zumba

Thursday 7 - 7:35am Light Fit

Thursday 12noon - Strength

Friday 8:30 - 9am - Stability Ball

Friday 9am - Stretch/Meditation

Saturday 8:45 - 9:30am - POUND

Saturday 9:30am - Pilates



Email Kat Clewley to sign up today!

hamiltonfitnesscommunity@gmail.com

**All classes are 1 hour, unless otherwise stated*