

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

**HAMILTON  
FITNESS  
COMMUNITY**



**[www.hamiltonfitnesscommunity.com](http://www.hamiltonfitnesscommunity.com)**

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

***\*Valid until Dec 31, 2021***

**Monday 9am - Step**

**Monday 5:30pm - Barre**

**Tuesday 7 - 7:30am - Stretch**

**Tuesday 12:00noon - Mixed Cardio**

**Tuesday 5:30pm - Yoga**

**Wednesday 8:30 - 9am - Balance**

**Wednesday 9am-Resistance Band & Core**

**Wednesday 5:30pm - Zumba**

**Thursday 12noon - Strength**

**Friday 9am - Stretch/ Meditation**

**Saturday 8:45 - 9:30am - POUND**

**Saturday 9:30am - Pilates**

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



**Email Kat Clewley to sign up today!**  
**[hamiltonfitnesscommunity@gmail.com](mailto:hamiltonfitnesscommunity@gmail.com)**