



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MEADOWLANDS AREA YMCA

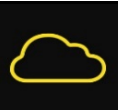
August

**GROUP EXERCISE CLASSES
& WELLNESS PROGRAMS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 6:00-6:45am Christian ZOOM! & GF	HIIT 6:00-6:55am Casey ZOOM! & GF	Les Mills Sprint 5:30-5:55am Sarah GC	Cycle 6:00-6:55am Isabel GC	Weekend Warrior 6:00-6:55am Phil C GF		Cycle 8:15-9:10am Isabel GC
Yoga 7:30-8:25am Cheryl Zoom! & Cycle	Yoga 7:30-8:25am Erin ZOOM! & Cycle	Body Pump 6:00-6:45am Sarah ZOOM! & GF	Yoga 8:00-8:55am Erin ZOOM! & Cycle		Bootcamp 8:00-8:55am Phil S Outside Mara	Yoga & Meditation 9:15-10:10am Christina ZOOM! & 1&2
Barre Sculpting 9:00-9:55am Mariliez ZOOM! & GC	Cycle 9:00-9:55am Mariliez GC	Yoga 7:30-8:25am Neeta ZOOM! & Cycle		Cycle 9:00-9:55am Mariliez GC	Yoga 8:30-9:25am Cheryl ZOOM! & 1&2	Les Mills Body Pump 10:15-11:10am Melinda GC
Chair Flow 10:00-10:55am Eileen ZOOM! & GF	Zumba Gold 10:00-10:55am Mona ZOOM! & GF	Barre Sculpting 9:00-9:55am Dani L ZOOM! & GC	Chair Flow 10:00-10:55am Christina ZOOM! & GF	Yogates 10:00-10:55am Liz S ZOOM! & GF	Les Mills Body Pump 8:30-9:25pm Sarah ZOOM! & GF	Zumba 11:00-11:55am Lauren ZOOM! & 1&2
AOA 11:00-11:55am Chris K ZOOM! & GF	Chair Flow 11:00-11:55am Eileen ZOOM! & GF	Chair Flow 10:00-10:55am Eileen ZOOM! & GF	Zumba Gold 11:00-11:55am Mona ZOOM! & GF	AOA 11:00-11:55am Chris K ZOOM! & GF	Barre Sculpting 9:30-10:25am Marieliz ZOOM! & GF	
Tai Chi 12:00-12:55pm James Zoom! & Cycle		AOA 11:00-11:55am Chris K ZOOM! & GF			Cycle 10:30-11:30am Marieliz GC	
			Aqua 3:00-4:00pm Chris K Pool		Zumba 11:00-11:55am Liliana ZOOM! & 1&2	
Cycle 5:30-6:20pm Amanda GC	Body Pump 5:00-5:55p Ilona GF	Total Body 5:30-6:10pm Phil C GF	Body Pump 5:30-6:25p Ilona GF	Zumba Toning 4:30-5:25pm Mona ZOOM! & 1&2		
Zumba 6:30-7:25pm Liliana ZOOM! & 1&2	Barre Sculpting 6:30-7:25pm Dani L Zoom! & GC	Cycle 6:15-7:10pm Isabel GC	Cycle 6:30-7:25pm Amanda GC	Les Mills Sprint 6:30-6:55pm Sarah GC		
Body Pump 6:30-7:25pm Justyna GF	Yoga 7:00-7:55pm Cheryl ZOOM! & 1&2	Aerial Yoga 6:00-7:00pm Christina PTS	Bootcamp 6:30-7:55pm Phil S Outside Mara	Piloxing 7:00-7:55am Sarah Zoom! & GF		
Mat Pilates 7:30-8:25am Liz S ZOOM! & 1&2	Aqua Zumba 8:00-8:55pm Liliana Pool	Zumba Toning 7:15-8:10pm Liliana ZOOM! & GF	HIIT 7:30-8:25pm Chris K Zoom! & GF	1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio GF - Gymnasium Fitness GC - Gymnasium Cycle Exergame - Exergame Room ZOOM!- Online Class		
PAID CLASS Register at the Front Desk \$\$	Yogalates 8:00-8:55pm Liz S ZOOM! & 1&2	Yoga 7:15-8:10pm Christina ZOOM! 1&2	Yoga 7:30-8:25pm Erin ZOOM! & 1&2			New Class!

For more info: Chris Gonzalez, Wellness Director x251 or cgonzalez@meadowlandsymca.org

Updated 7.27.21



MyWellness App

Class booking for all included Group Exercise classes is highly recommended to guarantee your spot in classes. Make an account at the wellness center kiosk today.