



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January

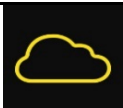
MEADOWLANDS AREA YMCA

GROUP EXERCISE CLASSES
& WELLNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump 6:00-6:45am Christian GF	HIIT 6:00-6:55am Casey GF	Body Pump 6:00-6:55am Sarah G GF	Cycle 6:00-6:55am Isabel GC	Weekend Warrior 6:00-6:55am Jeff GF	Yoga 8:30-9:25am Cheryl 1&2	Cycle 8:15-9:10am Isabel GC
Yoga 8:00-8:55am Neeta GF		Yoga 8:00-8:55am Neeta GF	Mat Pilates 8:00-8:55am Erin GF		Les Mills Body Pump 8:30-9:25pm Sarah GF	
Barre Sculpting 9:00-9:55am Mariliez GC	Cycle 9:00-9:55am Mariliez GC	Barre Sculpting 9:00-9:55am Dani L GC		Cycle 9:00-9:55am Mariliez GC	Barre Sculpting 9:30-10:25am Marieliz GF	Yoga & Meditation 9:15-10:10am Christina 1&2
Chair Flow 10:00-10:55am Eileen ZOOM! & GF	Zumba Gold 10:00-10:55am Mona ZOOM! & GF	Chair Flow 10:00-10:55am Eileen ZOOM! & GF	Chair Flow 10:00-10:55am Christina ZOOM! & GF	Yogates 10:00-10:55am Liz S GF	Cycle 10:30-11:30am Marieliz GC	Les Mills Body Pump 10:15-11:10am Melinda GC
AOA 11:00-11:55am Chris K ZOOM! & GF	Chair Flow 11:00-11:55am Eileen ZOOM! & GF	AOA 11:00-11:55am Chris K ZOOM! & GF		AOA 11:00-11:55am Chris K ZOOM! & GF	Zumba 11:00-11:55am Liliana ZOOM! & 1&2	Zumba 11:00-11:55am Lauren 1&2
Cycle 5:30-6:20pm Amanda GC						
Zumba 6:30-7:25pm Liliana ZOOM! & 1&2	Body Pump 5:00-5:55p Danielle P GF	Total Body 5:15-6:10p Chris G GF	Body Pump 5:30-6:25p Ilona GF			
Body Pump 6:30-7:25pm Ilona GF	Cycle 6:00-6:55pm Danielle P GC	Cycle 6:15-7:10pm Isabel GC	Cycle 6:30-7:25pm Amanda GC			
Mat Pilates 7:30-8:25am Liz S GC	Yoga 7:00-7:55pm Cheryl 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 \$\$\$	Mat Pilates 7:30-8:25pm Liz S GC	Yoga 7:15-8:10pm Christina 1&2	Yoga 7:30-8:25pm Neeta 1&2			New Class!

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

Updated 1.5.21



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.