



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

MEADOWLANDS AREA YMCA

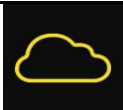
March

**GROUP EXERCISE CLASSES
& WELLNESS PROGRAMS**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|--|---|--|
| Body Pump 6:00-6:45am Christian ZOOM! & 1&2 | HIIT 6:00-6:55am Casey ZOOM! & 1&2 | Les Mills Sprint 5:30-5:55am Casey | | Body Pump 6:00-6:55am Ann Marie 1&2 | \$\$ Bootcamp \$\$ 8:00-8:55am Phil S PTS | Yoga & Meditation 8:15-9:10am Christina Zoom! & 1&2 |
| Yoga 8:00-8:55am Christina ZOOM! & 1&2 | Aqua 8:00-8:45am Marieliz | Body Pump 6:00-6:45am Casey ZOOM! & 1&2 | Yoga 8:00-8:55am Erin ZOOM! & 1&2 | Aqua 8:00-8:45am Marieliz | Yoga 8:00-8:55am Cheryl ZOOM! & 1&2 | Cycle 9:00-9:55am Isabel |
| Barre 9:00-9:55am Mariliez ZOOM! & 1&2 | Yoga 8:00-8:55am Erin ZOOM! & 1&2 | Yoga 8:00-8:55am Neeta ZOOM! & 1&2 | HIIT 9:00-9:55am Chris K Zoom! 1&2 | Meditation 9:00-9:55am Liz or Erin Zoom! & 1&2 | Les Mills Body Pump 9:00-9:55am Sarah ZOOM! & 1&2 | Barre Sculpting 9:15-10:10am Casey Zoom! & 1&2 |
| Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2 | Yogalates 9:00-9:55am Liz S ZOOM! & 1&2 | Barre 9:00-9:55am Dani L ZOOM! & 1&2 | Chair Yoga 10:00-10:55am Christina ZOOM! & 1&2 | Cycle 9:00-9:55am Mariliez | Cycle 9:30-10:25am Marieliz | Les Mills Body Pump 10:15-11:10am Melinda 1&2 |
| AOA 11:00-11:55am Chris K ZOOM! & 1&2 | Cycle 9:00-9:55am Mariliez | Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2 | Zumba Gold 11:00-11:55am Mona ZOOM! & 1&2 | Yogates 10:00-10:55am Liz S ZOOM! & 1&2 | Weekend Warrior 10:15-11:10am Des PTS | Zumba Kids 10:00-10:55am Joliza MPR |
| Tai Chi 12:00-12:55pm James ZOOM! 1&2 | Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2 | AOA 11:00-11:55am Chris K ZOOM! & 1&2 | | AOA 11:00-11:55am Chris K ZOOM! & 1&2 | Barre 10:30-11:25am Marieliz ZOOM! & 1&2 | Zumba 11:00-11:55am Joliza ZOOM! & GYM |
| | Chair Flow 11:00-11:55am Eileen ZOOM! & 1&2 | Belly Dance 12:00-12:55pm Kathie ZOOM! & 1&2 | | Zumba Toning 12:00-12:55pm Mona ZOOM! & 1&2 | Zumba 11:30-12:25pm Liliana ZOOM! & 1&2 | Les Mills Sprint 12:00-12:30pm Lora |
| Body Pump 5:30-6:25pm Justyna 1&2 | Body Pump 6:00-6:55pm Ilona 1&2 | | Body Pump 5:30-6:25pm Ilona 1&2 | | | |
| Cycle 6:30-7:25pm Ann Marie | Cycle 6:00-6:55pm Lora | Zumba Toning 6:15-7:15pm Liliana ZOOM! & 1&2 | Cycle 6:30-7:25pm Isabel | | | |
| Zumba 6:30-7:25pm Liliana ZOOM! & 1&2 | Barre 7:00-7:55pm Dani L Zoom! & 1&2 | Cycle 6:30-7:25pm Isabel | Zumba Toning 6:30-7:25pm Lorna Zoom! & 1&2 | | | New Instructor |
| Mat Pilates 7:30-8:25pm Liz S ZOOM! & 1&2 | Aqua Zumba 8:00-8:55pm Liliana | Yoga 7:30-8:25pm Christina ZOOM! 1&2 | Yoga 7:30-8:25pm Erin ZOOM! & 1&2 | 1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio Exergame - Exergame Room ZOOM!- Online Class MGR-Mcgowan Room | | New Time! |
| PAID CLASS Register at the Front Desk \$\$ | Yogalates 8:00-8:55pm Liz S ZOOM! & 1&2 | | | | | New Class! |

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

Updated 3.7.22



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.