



December

MEADOWLANDS AREA YMCA
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
Pound 8:00-8:55am Jamie ZOOM! & 1&2	Aqua 8:00-8:45am Marieliz	Body Pump 6:00-6:45am Casey ZOOM! & 1&2	Cycle & Sculpt 6:00-6:55am Bernice ZOOM! & 1&2	Aqua 8:00-8:45am Marieliz	Yoga 8:00-8:55am Brynn ZOOM! & 1&2	Cycle 9:00-9:55am Isabel
Aqua 8:00-8:45am Marieliz	Yoga 8:00-8:55am Erin ZOOM! & 1&2	Yoga 8:00-8:55am Onika ZOOM! & 1&2	Yoga 8:00-8:55am Erin ZOOM! & 1&2	Meditation 9:00-9:55am Zoom! & 1&2 Liz or Erin	LesMills BodyPump 9:00-9:55am Sarah ZOOM! & 1&2	Groove 9:15-10:10am Ellen Zoom! & 1&2
Barre 9:00-9:55am Marieliz ZOOM! & 1&2	Yogalates 9:00-9:55am Liz S ZOOM! & 1&2	Barre 9:00-9:55am Dani L ZOOM! & 1&2	HIIT 9:00-9:55am Chris K Zoom! 1&2	Cycle 9:00-9:55am Marieliz	Cycle 9:30-10:25am Marieliz	Weekend Warrior 10:15-11:10am Jamie PTS
Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	Cycle 9:00-9:55am Marieliz	Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	AOA 10:00-11:55am Jamie ZOOM! & 1&2	Yogalates 10:00-10:55am Liz S ZOOM! & 1&2	Weekend Warrior 10:15-11:10am Hector PTS	LesMills BodyPump 10:15-11:10am Justyna 1&2
AOA (Advanced) 11:00-11:55am Phil ZOOM! & 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	AOA 11:00-11:55am Chris K ZOOM! & 1&2	Zumba Gold 11:00-11:55am Mona ZOOM! & 1&2	AOA 11:00-11:55am Chris K ZOOM! & 1&2	Barre 10:30-11:25am Marieliz ZOOM! & 1&2	Zumba 11:15-12:10pm Joliza ZOOM! & GYM
Tai Chi 12:00-12:55pm James ZOOM! 1&2	Chair Flow 11:00-11:55am Eileen ZOOM! & 1&2	Belly Dance 12:00-12:55pm Kathie ZOOM! & 1&2	Chair Yoga 12:00-12:55pm Alyssa 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 11:30-12:00pm Sarah
Body Pump 5:30-6:25pm Justyna 1&2	AOA 12:00-1:00pm Amber ZOOM! & 1&2	Absolute Core 5:45-6:10pm Alyssa ZOOM! & 1 & 2	Body Pump 5:30-6:25pm Ilona 1&2		Belly Dance 12:30-1:25pm Kathie ZOOM! & 1&2	Piloxing 12:15-12:55pm Sarah Zoom! & 1&2
Cycle 6:30-7:25pm Ann Marie	Body Pump 6:00-6:55pm Ilona 1&2	Zumba Toning 6:15-7:15pm Liliana ZOOM! & 1&2	Zumba Toning 6:30-7:25pm Lorna Zoom! & 1&2			
Zumba 6:30-7:25pm Liliana ZOOM! & 1&2	Cycle 6:00-6:55pm Lora	Cycle 6:30-7:25pm Isabel	Yoga 7:30-8:25pm Erin ZOOM! & 1&2	Les Mills Sprint 6:30-7:00pm Sarah	1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio Exergame - Exergame Room ZOOM!- Online Class MGR-Mcgowan Room	
Mat Pilates 7:30-8:25pm Liz S ZOOM! & 1&2	Barre 7:00-7:55pm Dani L Zoom! & 1&2	Yoga 7:30-8:25pm Liz ZOOM! 1&2		Piloxing 7:05-8:00pm Sarah Zoom! & 1&2		
	Aqua Zumba 8:00-8:55pm Liliana			New Instructor	New Time!	New Class!
PAID CLASS Register at the Front Desk \$\$	Yogalates 8:00-8:55pm Liz S ZOOM! & 1&2		MyWellness App Class booking for all classes is highly recommended to save your spot class. Make an account at the wellness center kiosk today.			