



October - AM

MEADOWLANDS AREA YMCA
GROUP EXERCISE CLASSES
& WELLNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Les Mills Body Pump 6:00-6:55am Christian 1&2	HIIT 5:30-6:25am Casey 1&2	Les Mills Sprint 5:25-5:55am Casey	Cardio Attack 5:30-6:25am Casey 1&2	Les Mills Body Pump 5:45-6:40am Ann Marie 1&2	Fit Camp 8:00-8:55am Phil PTS	Flow Vinyasa 8:15-9:10am Kathy Zoom! & 1&2
		Les Mills Body Pump 6:00-6:55am Casey 1&2			Yoga 8:00-8:55am Brynn ZOOM! & 1&2	Cycle 9:00-9:55am Ann Marie
Aquacize 8:00-8:45am Marieliz Pool	Aquacize 8:00-8:45am Marieliz Pool		Yoga 8:00-8:55am Erin ZOOM! & 1&2	Aquacize 8:00-8:45am Marieliz Pool	Les Mills Body Pump 9:00-9:55am Sarah 1&2	Les Mills Body Pump 9:15-10:10am Maryann 1&2
	Yoga 8:00-8:55am Erin ZOOM! & 1&2	Yoga 8:00-8:55am Onika ZOOM! & 1&2	HIIT 9:00-9:55am Chris K Zoom! 1&2	Barre 8:00-8:55am Kierstyn Zoom! 1&2	Cycle 9:00-9:55am Patrick	Get Fit with HIIT 10:00-11:00am Carli PTS
Barre 9:00-9:55am Marieliz ZOOM! & 1&2	MetCon 9:00-9:55am Carli	Barre 9:00-9:55am Kierstyn ZOOM! & 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	Get Fit with HIIT 9:00-10:00am Carli PTS	TRX & Kettlebell Foundations 9:00-10:00am Chris H PTS	LaBlast or Zumba Toning 10:15-11:10am Donna or Mona ZOOM! & 1&2
Cycle Express 10:00-10:30am Marieliz	Cycle 9:00-9:55am Marieliz	Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	AOA 11:00-11:55am Jamie ZOOM! & 1&2	Meditation 9:00-9:55am Zoom! & 1&2 Liz or Erin	Power Pilates 10:00-10:55am Liz ZOOM! & 1&2	Tabata 11:15-12:10pm Ann Marie ZOOM! & 1&2
Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	AOA 11:00-11:55am Chris K ZOOM! & 1&2		Cycle 9:00-9:55am Marieliz	Weekend Warrior 10:15-11:10am Hector PTS	
AOA (Advanced) 11:00-11:55am Phil ZOOM! & 1&2	Chair Flow 11:00-11:55am Eileen ZOOM! & 1&2			Pilates 10:00-10:55am Liz ZOOM! & 1&2	Zumba 11:00-11:55am Adrienne ZOOM! & 1&2	
				AOA 11:00-11:55am Chris K ZOOM! & 1&2	Weekend Warrior 11:15-12:10pm Hector PTS	
			New Time	Paid Class	1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio ZOOM! - Online Class	
			New Class	New Instructor		

For more info: **Chris K.**, Wellness Coordinator x212 or ckusant@meadowlandsymca.org

Updated 10/21/24

To register for **paid** classes: **Anna**, Wellness Coordinator -afeliz@meadowlandsymca.org



Meadowlands YMCA App

Class booking for all Group Exercise classes is highly recommended to guarantee your spot. Booking opens 3 days in advance of each class. Download the app today from your app store, login to your online account with the YMCA, and get started!

