



# April - AM

**MEADOWLANDS AREA YMCA  
GROUP EXERCISE CLASSES  
& WELLNESS PROGRAMS**

| MONDAY                                                 | TUESDAY                                              | WEDNESDAY                                            | THURSDAY                                           | FRIDAY                                                                                                                | SATURDAY                                                | SUNDAY                                                  |
|--------------------------------------------------------|------------------------------------------------------|------------------------------------------------------|----------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|
| Les Mills Body Pump<br>6:00-6:55am<br>Christian<br>1&2 | HIIT<br>5:30-6:25am<br>Casey<br>1&2                  | Les Mills Sprint<br>5:25-5:55am<br>Casey             | Cardio Attack<br>5:30-6:25am<br>Casey<br>1&2       | Les Mills Body Pump<br>5:45-6:40am<br>Ann Marie<br>1&2                                                                | Fit Camp<br>8:00-8:55am<br>Phil<br>PTS                  |                                                         |
|                                                        |                                                      | Les Mills Body Pump<br>6:00-6:55am<br>Casey<br>1&2   |                                                    |                                                                                                                       | Yoga<br>8:00-8:55am<br>Brynn<br>ZOOM! & 1&2             | Vinyasa Flow<br>8:15-9:10am<br>Elizabeth<br>Zoom! & 1&2 |
| Aquacize<br>8:00-8:45am<br>Marieliz<br>Pool            | Yoga<br>8:00-8:55am<br>Erin<br>ZOOM! & 1&2           | Aquacize<br>8:00-8:45am<br>Charles<br>Pool           | Yoga<br>8:00-8:55am<br>Erin<br>ZOOM! & 1&2         | Aquacize<br>8:00-8:45am<br>Charles<br>Pool                                                                            | Les Mills Body Pump<br>9:00-9:55am<br>Sarah<br>1&2      | Cycle<br>9:00-9:55am<br>Ann Marie                       |
|                                                        | MetCon<br>9:00-9:55am<br>Carli                       | Yoga<br>8:00-8:55am<br>Onika<br>ZOOM! & 1&2          | HIIT<br>9:00-9:55am<br>Jamie<br>1&2                | HIIT<br>8:00-8:55am<br>Jamie<br>1&2                                                                                   | Cycle<br>9:00-9:55am<br>Patrick                         | Les Mills Body Pump<br>9:15-10:10am<br>Maryann<br>1&2   |
| Barre<br>9:00-9:55am<br>Marieliz<br>1&2                | Zumba Gold<br>10:00-10:55am<br>Mona<br>ZOOM! & 1&2   | Barre<br>9:00-9:55am<br>Kierstyn<br>1&2              | Zumba Gold<br>10:00-10:55am<br>Mona<br>ZOOM! & 1&2 | Cycle<br>9:00-9:55am<br>Marieliz                                                                                      | Power Pilates<br>10:00-10:55am<br>Liz S.<br>ZOOM! & 1&2 | LaBlast<br>10:15-11:10am<br>Donna<br>1&2                |
| Chair Flow<br>10:00-10:55am<br>Eileen<br>ZOOM! & 1&2   | Chair Flow<br>11:00-11:55am<br>Eileen<br>ZOOM! & 1&2 | Chair Flow<br>10:00-10:55am<br>Eileen<br>ZOOM! & 1&2 | AOA<br>11:00-11:55am<br>Jamie<br>ZOOM! & 1&2       | Fierce and Flex Core<br>10:00-10:55am<br>Anna<br>ZOOM! & 1&2                                                          | Weekend Warrior<br>10:15-11:10am<br>Hector<br>PTS       | Tabata<br>11:15-12:10pm<br>Ann Marie<br>1&2             |
| AOA (Advanced)<br>11:00-11:55am<br>Phil<br>ZOOM! & 1&2 |                                                      | AOA<br>11:00-11:55am<br>Phil<br>ZOOM! & 1&2          |                                                    | AOA<br>11:00-11:55am<br>Phil<br>ZOOM! & 1&2                                                                           | Zumba<br>11:00-11:55am<br>Adrianne<br>1&2               |                                                         |
|                                                        |                                                      |                                                      |                                                    |                                                                                                                       | Weekend Warrior<br>11:15-12:10pm<br>Hector<br>PTS       |                                                         |
| <b>New Time</b>                                        | <b>Paid Class</b>                                    | <b>New Class</b>                                     | <b>New Instructor</b>                              | <b>1 - Studio 1</b><br><b>2 - Studio 2</b><br><b>PTS - Performance Training Studio</b><br><b>ZOOM! - Online Class</b> |                                                         |                                                         |

For more info: **Chris K.**, Wellness Coordinator x212 or [ckusant@meadowlandsymca.org](mailto:ckusant@meadowlandsymca.org)

Updated 4/1/25

To register for **paid** classes: **Anna**, Wellness Coordinator -[afeliz@meadowlandsymca.org](mailto: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!



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|--------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------|-------------------------------------------------------------------------------------------|----------|------------------------------------------|
| Tai Chi<br>12:00-12:55pm<br>James<br>1&2               |                                                            |                                                       | Chair Yoga<br>12:00-12:55pm<br>Chris C<br>1&2      |                                                                                           |          | Zumba<br>12:15-1:10pm<br>Michelle<br>1&2 |
|                                                        |                                                            |                                                       | Aquacize<br>12:15-1:00pm<br>Marieliz<br>Pool       |                                                                                           |          |                                          |
| Les Mills Body Pump<br>5:30-6:25pm<br>Stephanie<br>1&2 | HIIT<br>5:15-6:10pm<br>Ilona<br>1&2                        | Pilates<br>5:00-5:55pm<br>Liz S.<br>ZOOM! & 1&2       |                                                    |                                                                                           |          |                                          |
| Zumba<br>6:30-7:25pm<br>Liliana<br>ZOOM! & 1&2         | Les Mills Body Pump<br>6:15-7:10pm<br>Ilona<br>1&2         | Zumba Toning<br>6:00-6:55pm<br>Liliana<br>ZOOM! & 1&2 | Les Mills Body Pump<br>5:30-6:25pm<br>Ilona<br>1&2 |                                                                                           |          |                                          |
| Cycle<br>6:30-7:25pm<br>Ann Marie                      | Cycle<br>6:30-7:25pm<br>Patrick                            | Yoga<br>7:00-7:55pm<br>Liz S.<br>ZOOM! 1&2            | Zumba<br>6:30-7:25pm<br>Lorna<br>1&2               |                                                                                           |          |                                          |
| Power Pilates<br>7:30-8:25pm<br>Liz S.<br>ZOOM! & 1&2  | Yoga: Slow Flow<br>7:15-8:10pm<br>Elizabeth<br>ZOOM! & 1&2 | Les Mills Body Pump<br>8:00-8:50pm<br>1&2             | Cycle<br>6:30-7:25pm<br>Isabel                     |                                                                                           |          |                                          |
|                                                        | Aqua Zumba<br>8:00-8:55pm<br>Liliana<br>Pool               |                                                       | Yin Yoga<br>8:00-8:50pm<br>Kathy<br>1&2            |                                                                                           |          |                                          |
| <b>New Time</b>                                        | <b>Paid Class</b>                                          | <b>New Class</b>                                      | <b>New Instructor</b>                              | 1 - Studio 1<br>2 - Studio 2<br>PTS - Performance Training Studio<br>ZOOM! - Online Class |          |                                          |

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