



July - 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	Tabata 5:45-6:40am Ann Marie 1&2	Dryland Practice 7:00-7:55am 1&2	
		Les Mills Body Pump 6:00-6:55am Casey 1&2			Fit Camp 8:00-8:55am Phil PTS	
					Yoga 8:00-8:55am Brynn ZOOM! & 1&2	Vinyasa Flow 8:15-9:10am Elizabeth Zoom! & 1&2
Aquacize 8:00-8:45am Marieliz Pool	Yoga 8:00-8:55am Erin ZOOM! & 1&2	Aquacize 8:00-8:45am Charles Pool	Yoga 8:00-8:55am Erin ZOOM! & 1&2	Aquacize 8:00-8:45am Charles Pool	Les Mills Body Pump 9:00-9:55am Sarah 1&2	Cycle 9:00-9:55am Ann Marie
	MetCon 9:00-9:55am Carli	Yoga 8:00-8:55am Onika ZOOM! & 1&2	HIIT 9:00-9:55am Jamie 1&2	HIIT 8:00-8:55am Jamie 1&2	Cycle 9:00-9:55am Patrick	Les Mills Body Pump 9:15-10:10am Maryann 1&2
Barre 9:00-9:55am Marieliz 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	Barre 9:00-9:55am Kierstyn 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	Cycle 9:00-9:55am Marieliz	Power Pilates 10:00-10:55am Liz S. ZOOM! & 1&2	LaBlast 10:15-11:10am Donna 1&2
Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	Chair Flow 11:00-11:55am Eileen ZOOM! & 1&2	Cycle 8:30-9:25am Marieliz	AOA 11:00-11:55am Jamie ZOOM! & 1&2	Fierce and Flex Core 10:00-10:55am Anna ZOOM! & 1&2	Weekend Warrior 10:15-11:10am Hector PTS	Tabata 11:15-12:10pm Ann Marie 1&2
AOA (Advanced) 11:00-11:55am Phil ZOOM! & 1&2		Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2		AOA 11:00-11:55am Phil ZOOM! & 1&2	Zumba 11:00-11:55am Adrianne 1&2	
		AOA 11:00-11:55am Phil ZOOM! & 1&2			Weekend Warrior 11:15-12:10pm Hector PTS	
New Time	Paid Class	New Class	New Instructor	1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio ZOOM! - Online Class		

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

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

Updated 7/1/25



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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai Chi 12:00-12:55pm James 1&2			Chair Yoga 12:00-12:55pm Chris C 1&2			Zumba 12:15-1:10pm Michelle 1&2
Les Mills Body Pump 5:30-6:25pm Stephanie 1&2	HIIT 5:15-6:10pm Ilona 1&2	Pilates 5:00-5:55pm Liz S. ZOOM! & 1&2	Les Mills Body Pump 5:30-6:25pm Ilona 1&2			
Zumba 6:30-7:25pm Liliana ZOOM! & 1&2	Les Mills Body Pump 6:15-7:10pm Ilona 1&2	Zumba Toning 6:00-6:55pm Liliana ZOOM! & 1&2	Zumba 6:30-7:25pm Lorna 1&2			
Cycle 6:30-7:25pm Ann Marie	Cycle 6:30-7:25pm Patrick	Yoga 7:00-7:55pm Liz S. ZOOM! 1&2	Cycle 6:30-7:25pm Isabel			
Power Pilates 7:30-8:25pm Liz S. ZOOM! & 1&2	Yoga: Slow Flow 7:15-8:10pm Elizabeth ZOOM! & 1&2	Les Mills Body Pump 8:00-8:50pm 1&2	Yin Yoga 8:00-8:50pm Christine 1&2			
	Aqua Zumba 8:00-8:55pm Liliana Pool					
New Time	Paid Class	New Class	New Instructor	1 - Studio 1 2 - Studio 2 PTS - Performance Training Studio ZOOM! - Online Class		

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