



November - 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	HIIT 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	
	Aquacize 8:00-8:45am Charles Pool			Aquacize 8:00-8:45am Charles Pool	Yoga 8:00-8:55am Brynn ZOOM! & 1&2	Vinyasa Flow 8:15-9:10am Elizabeth Zoom! & 1&2
Yoga 8:00-8:55am Chris C. 1&2	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	HIIT 8:00-8:55am Jamie 1&2	Les Mills Body Pump 9:00-9:55am Sarah 1&2	Cycle 9:00-9:55am Ann Marie
Barre 9:00-9:55am Kierstyn 1&2	MetCon 9:00-9:55am Carli	Yoga 8:00-8:55am Onika ZOOM! & 1&2	HIIT 9:00-9:55am Jamie 1&2	Chair Yoga 9:00-9:55am Chris C 1&2	Cycle 9:00-9:55am Patrick	Les Mills Body Pump 9:15-10:10am Maryann 1&2
Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	HIIT 9:00-9:55am Jamie 1&2	Zumba Gold 10:00-10:55am Mona ZOOM! & 1&2	Fierce and Flex Core 10:00-10:55am Anna ZOOM! & 1&2	Power Pilates 10:00-10:55am Liz S. ZOOM! & 1&2	LaBlast 10:15-11:10am Donna 1&2
AOA (Advanced) 11:00-11:55am Phil ZOOM! & 1&2	Chair Flow 11:00-11:55am Eileen ZOOM! & 1&2	Chair Flow 10:00-10:55am Eileen ZOOM! & 1&2	AOA 11:00-11:55am Jamie ZOOM! & 1&2	AOA 11:00-11:55am Brandon ZOOM! & 1&2	Weekend Warrior 10:15-11:10am Hector PTS	Tabata 11:15-12:10pm Ann Marie 1&2
		AOA 11:00-11:55am Brandon ZOOM! & 1&2			Zumba Toning 11:00-11:55am Mona 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 G.**, Associate Exec Director x250 or cgonzalez@meadowlandsymca.org

Updated
10/22/25

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!

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