



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	HIIT 5:30-6:25am Casey 1&2	Tabata 5:45-6:40am Ann Marie 1&2	Fit Camp 8:00-8:55am Phil PTS	
		Les Mills Body Pump 6:00-6:55am Casey 1&2			Yoga 8:00-8:55am Brynn 1&2	
	Aquacize 8:00-8:45am Carli Pool			Aquacize 8:15-9:00am Carli Pool	Les Mills Body Pump 9:00-9:55am Ilona/Stephanie 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 Carli Pool	Yoga 8:00-8:55am Erin ZOOM! & 1&2	HIIT 8:00-8:55am Jamie 1&2	Cycle 9:00-9:55am Patrick	Cycle 9:00-9:55am Isabel
Core Conditioning 9:00-9:55am Jamie 1&2	MetCon 9:00-9:55am Carli	Yoga 8:00-8:55am Christina ZOOM! & 1&2	HIIT 9:00-9:55am Jamie 1&2	Chair Yoga 9:00-9:55am Chris C 1&2	Power Pilates 10:00-10:55am Liz S. 1&2	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	Core Conditioning 10:00-10:55am Jamie 1&2	Weekend Warrior 10:15-11:10am Hector PTS	Tabata 10:15-11:10am Ann Marie 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	Senior Cycle 10:15-11:00am Patrick	Zumba 11:15-12:10pm Michelle 1&2
		AOA 11:00-11:55am Chris K 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 K.**, Wellness Coordinator x212 or ckusant@meadowlandsymca.org

Updated 7/1/26



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!



July - PM

MEADOWLANDS AREA YMCA
GROUP EXERCISE CLASSES
& WELLNESS PROGRAMS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Tai Chi 12:00-12:55pm James 1&2	Balance & Mobility 12:05-12:55pm Akiko 1&2		Balance & Mobility 12:05-12:55pm Akiko 1&2			
Cardio Kickboxing 5:30-6:25pm Stephanie 1&2	HIIT 5:15-6:10pm Ilona 1&2	Pilates 5:00-5:55pm Liz S. 1&2	Les Mills Body Pump 5:30-6:25pm Ilona 1&2	Zumba 6:00-6:55pm Francisca/Liliana 1&2		
Zumba 6:30-7:25pm Liliana 1&2	Les Mills Body Pump 6:15-7:10pm Ilona 1&2	Zumba Toning 6:00-6:55pm Liliana 1&2	Zumba 6:30-7:25pm Francisca 1&2			
Cycle 6:30-7:25pm Ann Marie	Cycle 6:30-7:25pm Patrick	Yogalates 7:00-7:55pm Liz S. 1&2	Cycle 6:30-7:25pm Kathy			
Power Pilates 7:30-8:25pm Liz S. 1&2	Yoga: Slow Flow 7:15-8:10pm Elizabeth 1&2	Les Mills Body Pump/Cardio Kickboxing 8:00-8:50pm Ann Marie/Stephanie 1&2	Pilates 7:30-8:20pm Kathy 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
-----------------	-------------------	------------------	-----------------------	---

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

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

Updated 7/1/26



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!