



# A.M. GROUP EXERCISE SCHEDULE

Effective March 2018

Meredith Mathews YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	6:00-6:45 Circuit Training Paul (Gym)		6:00-6:45 Circuit Training Paul (Gym)		6:00-6:45 Circuit Training Paul (Gym)		
	6:15-7:00 Cycle – All levels Chad (GXB)		6:15-7:00 Cycle – All levels Chad (GXB)		6:15-7:00 Cycle – All levels Chad (GXB)		
		6:30-7:00 Express Core Strength Chad (GXA)		6:30-7:00 Express Core Strength Chad (GXA)			
7:00am		7:15-8:00 Cycle – All levels Joe (GXB)		7:15-8:00 Cycle – All levels Joe (GXB)			
				7:30-8:30 Yoga – Gentle Bev (GXA)			
	7:45-8:30 AOA Circuit Charlesetta (GXA)		7:45-8:30 AOA Circuit Charlesetta (GXA)				
8:00am		8:00-9:00 Aqua Fitness Tiana (Pool)					
		8:15-9:15 AOA Ab Lab Jerry (GXA)			8:15-9:15 AOA Stability Ball Jerry (GXA)	8:15-9:00 Power Pedal Ken (GXB) * Maija 1 <sup>st</sup> Sat	
	8:45-9:15 AOA Stretching Bridgett (GXA)		8:45-9:15 AOA Stretching Bridgett (GXA)	8:45-9:15 AOA Stretching Bridgett (GXA)			
9:00am	9:00-10:00 Aqua Fitness Staff (Pool)	9:00-10:00 Aqua Fitness – Deep Water Trish (Pool)	9:00-10:00 Aqua Fitness Staff (Pool)	9:00-10:00 Aqua Fitness Daniel (Pool)	9:00-10:00 Aqua Fitness Daniel (Pool) * 3 <sup>rd</sup> - last Fridays only	9:00-10:00 Aqua Fitness Sarah (Pool)	
	9:30-10:30 Circuit Training Paul (Gym)					9:00-10:00 Zumba Rahel (GXA)	
	9:30-10:15 Cycle – All levels Chad (GXB)	9:30-10:15 Cycle Circuit Paul (GXB)	9:30-10:15 Cycle – All levels Chad (GXB)	9:30-10:15 Cycle Circuit Paul (GXB)	9:30-10:15 Cycle – All levels Chad (GXB)		
	9:30-10:30 Yoga 101 Bridgett (GXA)	9:30-10:15 AOA Strength Chad (GXA)	9:30-10:45 Yoga 101 Bridgett (GXA)	9:30-10:15 AOA Strength Chad (GXA)	9:30-10:30 Yoga 101 Bridgett (GXA)	9:45-10:45 Yoga – All levels Bridgett (GXB)	
10:00am						10:00-11:00 Kids Hip Hop La'Twon (GXA)	10:15-11:15 Mat Pilates Nuria (GXA)
		10:30-11:30 Yoga Form II Bridgett (GXB)		10:30-11:30 Yoga Form II Bridgett (GXB)		10:15-11:00 Cardio Strength Jen (Gym)	10:15-11:15 Zumba Renee (GXB)
11:00am	11:00-12:00 Mat Pilates Deborah (GXB)	11:00-12:00 Zumba Rahel (GXA)	11:00-11:45 Line Dancing Rahel (GXA)	11:00-12:00 Zumba La'Twon (GXA)	11:00-11:45 Line Dancing Rahel/Pamela (GXA)	11:00-11:45 Parent/Child Yoga Bridgett (GXB)	
						11:15-12:30 Yoga Flow Jen (GXA)	11:45-12:45 Yoga Flow Nuria (GXA)



# P.M. GROUP EXERCISE SCHEDULE

Effective March 2018

Meredith Mathews YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00pm			12:15-1:30 Yoga – Gentle Judith (GXA)		12:00-1:00 Tai Chi – Short Form Nuria (GXA)		
WOMEN'S LOCKER ROOM CLOSED FOR CLEANING MON - FRI 12:30-1:00							
1:00pm	1:15-2:00 Zumba Gold Rahel (GXA)				1:30-2:15 Strength & Balance Nuria (GXA)		
2:00pm		2:30-3:30 Tai Chi – Long Form Nuria (GXA)					
3:00pm					3:00-4:30 Yoga – Restorative Judith (GXA) * 2 <sup>nd</sup> & 3 <sup>rd</sup> Fridays only		3:30-4:45 Yoga – Yin Jim (GXA)
4:00pm	4:30-5:15 Cardio Kickboxing Teresa (GXA)	4:00-4:45 Mat Pilates Nuria (GXA)	4:00-5:00 Cycle Circuit Ken (GXB)	4:00-5:00 Mat Pilates Ken (GXA)			
5:00pm	5:15-6:00 Circuit Training Patti (GXB)	5:00-6:15 Yoga – All levels Tina (GXA)	5:15-6:00 Cardio Strength Teresa (GXA)	5:15-6:00 Cardio Kickboxing Teresa (GXA)			
		5:30-6:30 Aqua Fitness Trish (Pool)		5:30-6:30 Aqua Fitness Trish (Pool)			
		5:30-6:15 Boot Camp Patti (GXB)	5:30-6:30 Yoga Flow Craig (GXB)	5:30-6:15 Circuit Training Patti (GXB)			
6:00pm	6:15-7:00 HIIT Patti (GXA)		6:15-7:00 Hi Lo Aerobics Teresa (GXA)				CLASS KEY
		6:30-7:15 Cycling – All levels Stew (GXB)		6:30-7:15 Circuit Training Patti (GXB)	6:30-7:30 Hip Hop Cycle La'Twon & Zawdie (GXB)		Active Older Adults
7:00pm	7:30-8:30 Yoga 101 George (GXA)	7:30-8:15 Strength & Conditioning Patti (GXB)		7:15-8:15 Yoga Flow Sara (GXA)			Aqua Fitness
							Strength, Cardio, or Both
	7:30-8:30 Dance Fitness La'Twon (GXB)	7:30-8:30 Zumba Rahel (GXA)		7:30-8:15 HIIT & Abs Patti (GXB)	7:30-8:30 Zumba Ramya (GXA)		Rotating Stations
							Cycling
							Yoga, Mat Pilates, and Tai Chi
							Dance

Questions about our group exercise programs? We'd love to hear from you. Contact **Rahel Schwartz, Health and Wellness Director** at 206-322-6969 or [rschwartz@seattleyymca.org](mailto:rschwartz@seattleyymca.org).

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

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