



# A.M. GROUP EXERCISE SCHEDULE

Effective May 2019

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 Core Strength - Express Chad (GXB)		6:30-7:00 Core Strength - Express Chad (GXB)			
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		8:15-9:15 AOA Core Strength Jerry (GXA)			8:15-9:15 AOA Core Strength Jerry (GXA)	8:15-9:00 Cycle – All levels Anthony (GXB)	
	8:45-9:15 AOA Stretching Rick (GXA)		8:45-9:15 AOA Stretching Rick (GXA)	8:45-9:15 AOA Stretching Rick (GXA)			
9:00am	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 – All levels Bridgett (GXA)	9:30-10:15 AOA Strength Chad (GXA)	9:30-10:45 Yoga – All levels Bridgett (GXA)	9:30-10:15 AOA Strength Chad (GXA)	9:30-10:30 Yoga – All levels Bridgett (GXA)	9:45-10:45 Yoga – All levels Bridgett (GXB)	
10:00am							10:15-11:15 Mat Pilates Nuria (GXA)
		10:30-11:30 Yoga – Intermediate Bridgett (GXB)	10:30-11:00 Core Strength - Express Chad (GXB)	10:30-11:30 Yoga – Intermediate Bridgett (GXB)	10:30-11:00 Core Strength - Express Chad (GXB)	10:15-11:00 Cardio Strength Jen (Gym)	10:15-11:15 Zumba Renee (GXB)
11:00am	11:00-12:00 Mat Pilates Diane (GXB)	11:00-12:00 Zumba Carolina (GXA)	11:00-11:45 Line Dancing Carmen (GXA)	11:00-12:00 Dance Fitness Rahel (GXA)	11:00-11:45 Line Dancing Carmen (GXA)		
					11:15-12:15 Yoga – Beginners Bridgett (GXB)	11:15-12:30 Yoga – Power Vinyasa Jen (GXA)	11:45-12:45 Yoga – Vinyasa Nuria (GXA)



# P.M. GROUP EXERCISE SCHEDULE

Effective May 2019

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 Carmen (GXA)	1:30-2:30 Tai Chi – Long Form Nuria (GXA)			1:30-2:15 Strength & Balance Nuria (GXA)		
2:00pm							
3:00pm					3:00-4:30 Yoga – Restorative Judith (GXA) <i>* 2<sup>nd</sup> &amp; 3<sup>rd</sup> Fridays only</i>		3:30-4:45 Yoga – Yin Jim (GXA)
4:00pm		4:00-4:45 Mat Pilates Ken (GXA)		4:00-5:00 Mat Pilates Diane (GXA)			
	4:30-5:15 Cardio Kickboxing Teresa (GXA)		4:15-5:00 Step & Strength Ken (GXB)				
5:00pm		5:00-6:15 Yoga – All levels Tina (GXA)					
	5:15-6:00 Circuit Training Patti (GYM)		5:15-6:00 Cardio Strength Teresa (GXA)	5:15-6:00 Cardio Kickboxing Teresa (GXA)			
		5:30-6:15 Boot Camp Patti (GYM)	5:30-6:30 Yoga – Power Vinyasa Craig (GXB)	5:30-6:15 Circuit Training Patti (GXB)			
6:00pm	6:15-7:00 Step Marlo (GXB)	6:30-7:15 Barre Megan (GXA)	6:15-7:00 Hi Lo Aerobics Teresa (GXA)	6:15-7:00 Dance Fitness – Afro Beats Tricia (GXA)			CLASS KEY
	6:30-7:15 HIIT Patti (GXA)	6:30-7:15 Cycling – All levels Caroline (GXB)		6:30-7:15 Cycling – All levels Maddie (GXB)	6:30-7:30 Hip Hop Cycling Carmen & Heaather (GXB)		Active Older Adults
7:00pm	7:30-8:30 Yoga – Beginners George (GXB)	7:30-8:15 Strength Training Patti (GXB)	7:00-7:45 Strength & Mobility Megan (GXB)	7:15-8:15 Yoga – Vinyasa Marija (GXA)			Rotating Stations
	7:30-8:30 Dance Fitness Tricia (GXA)	7:30-8:30 Zumba Rahel (GXA)		7:30-8:15 HIIT & Abs Patti (GXB)			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.

