



MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

**OCTOBER
2021**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|--|---|
| 8:30-9:30AM YOGA—ALL LEVELS Jim—GXA | | 7:15-8:15AM AQUA FITNESS Trish—Pool | | | |
| | 8:00-8:45AM CYCLE Anthony—GXB | 7:45-8:45AM YOGA—ALL LEVELS Bev—GXA | 7:45-8:45AM GENTLE YOGA Bev—GXA | | 8:45-9:45AM CYCLE Anthony—GXB |
| | 9:15-10:00AM TOTAL BODY CONDITIONING Anthony—Gym | 9:00-9:45AM AOA STRENGTH Paul—GXA | | 9:45-10:45AM AQUA FITNESS Nick—Pool | |
| 10:00-10:45AM FUNCTIONAL STRENGTH Paul—GXA | 10:00-10:45AM YOGA - YIN Paul—GXA | | 10:00-10:45AM STRENGTH TRAINING Paul—GXA | 10:00-10:45AM TOTAL BODY CONDITIONING Paul—Gym | 10:00-10:45AM YOGA—ALL LEVELS Taraneh—GXA |
| 5:30-6:15PM DANCE FITNESS LOW IMPACT Kathy—GXA | | 4:00-4:45PM PILATES Ken—GXA | | 10:30-11:30AM YOGA—ALL LEVELS Jim—GXA | 11:00-11:45AM BARRE Taraneh—GXA |
| 6:30-7:30PM YOGA—BEGINNER George—GXA | 4:30-5:30PM ZUMBA® Teresa—GXA | | 5:00-6:00PM ZUMBA® Rahel—GXA | 2:30-3:15PM STRENGTH TRAINING BEGINNER Patti—GXA | 10:00-11:15AM YOGA - YIN Jim—GXA |
| 6:30-7:30PM AQUA FITNESS Ana—Pool | 5:45-6:30PM CARDIO KICKBOXING Teresa—GXA | 6:30-7:30PM AQUA FITNESS Ana—Pool | | | 11:30-12:15PM DANCE FITNESS Kathy—GXA |

SUNDAY



JOIN GROUP EXERCISES ONLINE!

- STRENGTH
- ACTIVE OLDER ADULTS
- COOKING CLASSES
- HIIT
- TOTAL BODY CONDITIONING

INCLUDED IN YOUR MEMBERSHIP!

Scan the QR code to **RESERVE** your spot today!



FOR MORE INFORMATION CONTACT NURIA UGALDE, nugalde@seattleyymca.org