



# MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

November  
2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:15-8:15AM AQUA FITNESS Trish - Pool			
8:30-9:30AM YOGA - ALL LEVELS Jim - GXA	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	9:00-10:00AM DANCE FITNESS Rahel - Gym
10:00-10:45AM FUNCTIONAL STRENGTH Paul - GXA	10:15-10:45AM 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
				10:30-11:30AM YOGA - ALL LEVELS Jim - GXA	11:00-11:45AM BARRE Taraneh - GXA
				2:30-3:15PM STRENGTH TRAINING Patti - Gym	<b>SUNDAY</b>
	4:30-5:30PM ZUMBA® Teresa - GXA	4:00-4:45PM PILATES Ken - GXA			10:00-11:15AM YOGA - YIN Jim - GXA
	5:45-6:30PM CARDIO KICKBOXING Teresa - GXA		5:00-6:00PM DANCE FITNESS Rahel - GXA		11:30-12:30PM DANCE FITNESS Sayen - GXA
6:30-7:30PM YOGA - BEGINNER George - GXA		6:00-7:00PM DANCE FITNESS Rahel - GXA			
6:30-7:30PM AQUA FITNESS Ana - Pool		6:30-7:30PM AQUA FITNESS Ana - Pool			

FOR MORE INFORMATION CONTACT: Nuria Ugalde, [nugalde@seattleyymca.org](mailto:nugalde@seattleyymca.org)