



# MEREDITH MATHEWS FITNESS SCHEDULE

**JANUARY  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:15 - 8:15AM AQUA FITNESS (Starts 01/12) TRISH-POOL			
		7:45- 8:45AM YOGA-ALL LEVELS BEV-GXA	7:45 - 8:45AM YOGA-GENTLE BEV-GXA		
	8:00-8:45AM CYCLE-ALL LEVELS ANTHONY-GXB				
8:30 - 9:30AM YOGA-ALL LEVELS JIM-GXA					8:45-9:45AM CYCLE-ALL LEVELS ANTHONY-GXB
		9:00-9:45AM AOA STRENGTH PAUL-GXA			9:00 - 10:00AM DANCE FITNESS (Starts 01/08) RAHEL-GXA
	9:15-10:00AM TOTAL BODY CONDITIONING ANTHONY-GYM				
10:00 - 10:45AM FUNCTIONAL STRENGTH PAUL-GXA		10:00 - 11:00AM KETTLEBELLS \$ PAUL-GXB	10:00-10:45AM STRENGTH TRAINING PAUL-GXA	10:00-10:45AM TOTAL BODY CONDITIONING PAUL-GYM	10:15- 11:00AM YOGA-ALL LEVELS (Starts 01/08) TARANEH-GXA
	10:15 - 11:00AM YOGA-YIN PAUL-GXA				11:15-12:00PM ABOVE THE BARRE (Starts 01/08) TARANEH-GXA
				10:30 - 11:30AM YOGA-ALL LEVELS JIM-GXA	
					<b>SUNDAY</b>
	11:30-12:30PM METABOLIC CONDITIONING \$ PAUL-GXA				
				2:30-3:15PM STRENGTH TRAINING PATTI-GXA	
<b>WORKSHOP:</b> 4:00 - 5:30PM PILATES WITH PROPS \$ 1/10 & 1/17 DIANE-GXA		4:00-4:45PM PILATES-MAT KEN-GXA			10:00- 11:15AM YOGA-YIN JIM-GXA
	4:30-5:30PM ZUMBA® TERESA-GXA		4:00 - 5:15PM YOGA-INTERMEDIATE GEORGE-GXA		
	5:45-6:30PM CARDIO KICKBOXING TERESA-GXA		5:30 AM- 6:30PM CARDIO & STRENGTH IKE-GXA		
6:30 - 7:30PM YOGA-BEGINNER GEORGE-GXA		6:00 - 7:00PM DANCE FITNESS RAHEL-GXA			\$ SMALL GROUP TRAINING
6:30 - 7:30PM AQUA FITNESS (Starts 01/10) ANA-POOL		6:30 - 7:30PM AQUA FITNESS (Starts 01/12) ANA-POOL			

Weight Loss
 Maintain Fitness
 Well Being
 Health Support
 Strength Training

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