



MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

August
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30AM YOGA-ALL LEVELS Jim - GXA	8:00-8:45AM CYCLE-ALL LEVELS Anthony - GXB	7:15-8:15AM AQUA FITNESS Trish - Pool	7:45-8:45AM YOGA-GENTLE Bev - GXA		8:45-9:45AM CYCLE-ALL LEVELS Anthony - GXB
9:00-9:45AM AOA Cardio Fitness Paul - GXB	9:15-10:00AM TOTAL BODY CONDITIONING Anthony - Gym	7:45-8:45AM YOGA-ALL LEVELS Bev - GXA		10:00-10:45AM TOTAL BODY CONDITIONING Paul - GYM	9:00-10:00AM DANCE FITNESS Rahel - GXA
10:00-10:45AM FUNCTIONAL STRENGTH Paul - GXA	10:15-11:00AM YOGA - YIN Paul - GXA	9:00-9:45AM AOA STRENGTH Paul - GXA	10:00-10:45AM STRENGTH TRAINING Paul - GXA	10:30-11:30AM YOGA - ALL LEVELS Jim - GXA	10:15-11:15AM YOGA - ALL LEVELS Teraneh- GXA
					11:30-12:30PM ABOVE THE BARRE Teraneh - GXA
		2:30-3:15 PM STRENGTH TRAINING Patti - GXA		2:30-3:15PM STRENGTH TRAINING Patti - GXA	
5:00-6:00 PM Cycle - ALL LEVELS Caroline -GXB	4:30-5:30PM ZUMBA Teresa - GXA	4:00-4:45PM CORE STRENGTH Ken - GXA	4:00-5:15PM YOGA - ALL LEVELS George -GXB		10:00-11:15AM YOGA - YIN Jim - GXB
5:45-6:30PM STRENGTH & CONDITIONING Patti - GXA	5:45-6:30PM CARDIO KICKBOXING Teresa - GXA	5:45-6:30PM BOOTCAMP Patti - GYM			
6:30-7:30PM YOGA - INTERMEDIATE George - GXB		6:00-7:00PM DANCE FITNESS Rahel - GXA	6:00-6:45PM CARDIO STRENGTH Patti - GXA		
6:30-7:30PM AQUA FITNESS Ana - Pool		6:30-7:30PM AQUA FITNESS Ana - Pool			

SUNDAY

Schedule may change without notice - please check website for most current schedule.
As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Miguel De-Guzman Mdeguzman@seattleyymca.org