



# MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

**November  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:00 AM <b>TOTAL BODY CONDITIONING POP-UP</b> Chad - GXA	7:15-8:15AM <b>AQUA FITNESS</b> Trish - Pool	6:15-7:00 AM <b>TOTAL BODY CONDITIONING POP-UP</b> Chad - GXA		
	8:00-8:45AM <b>CYCLE-ALL LEVELS</b> Anthony - GXB	7:45-8:45AM <b>YOGA-ALL LEVELS</b> Bev - GXA	7:45-8:45AM <b>YOGA-GENTLE</b> Bev - GXA		8:45-9:45AM <b>CYCLE-ALL LEVELS</b> Anthony - GXB
8:30-9:30AM <b>YOGA-ALL LEVELS</b> Jim - GXB	9:15-10:00AM <b>TOTAL BODY CONDITIONING</b> Anthony - Gym	9:00-9:45AM <b>AOA STRENGTH</b> Chad - GXA			9:00-10:00AM <b>DANCE FITNESS</b> Rahel - GXA
9:00-9:45AM <b>AOA Cardio Fitness</b> Chad - GXA					10:15-11:15AM <b>YOGA - ALL LEVELS</b> Taraneh-GXA
10:00-10:45AM <b>FUNCTIONAL STRENGTH</b> Miguel - GXA			10:00-10:45AM <b>STRENGTH TRAINING</b> Miguel - GXA	10:00-10:45AM <b>TOTAL BODY CONDITIONING</b> Margi - GYM	10:15-11:00 AM <b>WOMEN ON WEIGHTS POP-UP</b> Margi - GXB
				10:30-11:30AM <b>YOGA - ALL LEVELS</b> Jim - GXA	11:30-12:30 PM <b>ABOVE THE BARRE</b> Taraneh - GXA
		1:15-2:15 PM <b>STRENGTH TRAINING</b> Patti - GXB			
3:00-3:45PM <b>HIIT TRAINING POP-UP</b> Jen - GXA				2:30-3:15PM <b>STRENGTH TRAINING</b> Patti -GXA	<b>SUNDAY</b> 10:00-11:15AM <b>YOGA - YIN</b> Jim - GXA
	4:30-5:30PM <b>ZUMBA</b> Teresa - GXA	4:00-4:45PM <b>CORE STRENGTH</b> Ken - GXA		3:30-4:15PM <b>Core Strength POP-UP</b> Jen-GXA	
5:15-6:15 PM <b>Cycle - ALL LEVELS</b> Caroline -GXB	4:30-5:30PM <b>YOUTH FITNESS</b> Miguel -GYM		5:00-6:00PM <b>YOGA - ALL LEVELS</b> George -GXB		
5:45-6:30PM <b>STRENGTH &amp; CONDITIONING</b> Patti - GXA	5:45-6:30PM <b>CARDIO KICKBOXING</b> Teresa - GXA	5:45-6:30PM <b>BOOTCAMP</b> Patti - GYM			
6:30-7:30PM <b>YOGA - ALL LEVELS</b> George - GXB		6:00-7:00PM <b>DANCE FITNESS</b> Rahel - GXA	6:00-6:45PM <b>CARDIO STRENGTH</b> Patti - GXA		
6:30-7:30PM <b>AQUA FITNESS</b> Ana - Pool	6:00-7:00 PM <b>YOGA-ALL LEVELS</b> Taraneh-GXB	6:30-7:30PM <b>AQUA FITNESS</b> Ana - Pool	6:15-7:00PM <b>CYCLING-ALL LEVELS</b> Anthony - GXB		

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](mailto:mdeguzman@seattleyymca.org)