



MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

**MARCH
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00 AM BODY PUMP Sophia - GXB	6:15-7:00 AM TOTAL BODY CONDITIONING Chad - GXA	7:15-8:15AM AQUA FITNESS Trish - Pool	6:15-7:00 AM TOTAL BODY CONDITIONING Chad - GXA		
8:30-9:30 AM YOGA ALL - LEVELS Jim - GXB	8:00-8:45 AM CYCLE ALL - LEVELS Anthony - GXB	7:45-8:45 AM YOGA ALL - LEVELS Bev - GXA	7:45-8:45 AM YOGA- GENTLE Bev - GXA		8:45-9:45 AM CYCLE ALL - LEVELS Anthony - GXB
9:00-9:45 AM AOA CARDIO FITNESS Chad - GXA	9:15-10:00 AM TOTAL BODY CONDITIONING Anthony - GYM	9:00-9:45 AM AOA STRENGTH Chad - GXA			9:00-10:00 AM DANCE FITNESS Rahel - GXA
10:00-10:45 AM FUNCTIONAL STRENGTH Miguel - GXA			10:00-10:45 AM STRENGTH TRAINING Miguel - GXA	10:00-10:45AM TOTAL BODY CONDITIONING Chad - GYM	10:00-11:00 AM BODY PUMP Danielle- GXB
				10:30-11:30 AM YOGA ALL LEVELS Jim - GXA	10:15-11:15 AM YOGA ALL LEVELS Taraneh-GXA
		1:15-2:15 PM STRENGTH TRAINING Patti - GXB			11:30-12:30 PM ABOVE THE BARRE Taraneh - GXA
				2:30-3:15 PM STRENGTH TRAINING Patti - GXA	
3:00-3:45 PM HIIT TRAINING Jen - GXA		4:00-4:45 PM CORE STRENGTH Ken - GXA		3:30-4:15 PM CORE STRENGTH Jen - GXA	SUNDAY 10:00-11:15 AM YOGA - YIN Jim - GXA
	5:00-6:00 PM ZUMBA Teresa - GXA	5:30 - 6:30 PM YOGA - POWER VINYASA POP-UP Craig - GXB			
5:15-6:15 PM CYCLE ALL LEVELS Caroline -GXB		5:45-6:45PM BOOTCAMP Patti - GYM	5:00-6:00 PM YOGA ALL LEVELS George - GXB		
5:45-6:30 PM STRENGTH & CONDITIONING Patti - GXA	6:15-7:00 PM CARDIO KICKBOXING Teresa - GXA	6:00-7:00 PM DANCE FITNESS Rahel - GXA			
6:30-7:30 PM YOGA ALL LEVELS George - GXB		6:30-7:30 PM AQUA FITNESS Ana - Pool	6:00-6:45 PM CARDIO STRENGTH Patti - GXA		
6:30-7:30 PM AQUA FITNESS Ana - Pool	6:30-7:30 PM YOGA ALL LEVELS Taraneh-GXB	7:00-8:00 PM BODY PUMP Danielle- GXB	6:15-7:00 PM CYCLE ALL LEVELS 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