



MEREDITH MATHEWS GROUP EXERCISE SCHEDULE

**MAY
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:00 AM Group Cycling All Levels Chad - GXB	6:15-7:00 AM TOTAL BODY CONDITIONING Chad - GXA	6:15-7:00 AM Group Cycling All Levels Chad - GXB	6:15-7:00 AM TOTAL BODY CONDITIONING Chad - GXA	6:15-7:00 AM Group Cycling All Levels Chad - GXB	
7:15-8:15 AM BODY PUMP Sophia - GXB	8:00-8:45 AM CYCLE ALL - LEVELS Anthony - GXB	7:15-8:15AM AQUA FITNESS Trish - Pool	7:45-8:45 AM YOGA- GENTLE Bev - GXA		8:45-9:45 AM CYCLE ALL - LEVELS Anthony - GXB
8:15-8:45 AM CORE STRENGTH EXPRESS Chad - GXA	8:15-8:45 AM ABS & GLUTES EXPRESS Chad - GXA	7:45-8:45 AM YOGA ALL - LEVELS Bev - GXA	8:15-8:45 AM ABS & GLUTES EXPRESS Chad - GXA	8:15-8:45 AM CORE STRENGTH EXPRESS Chad - GXB	9:00-10:00 AM DANCE FITNESS Rahel - GXA
8:30-9:30 AM YOGA ALL - LEVELS Jim - GXB	9:15-10:00 AM TOTAL BODY CONDITIONING Anthony - GYM	8:15-8:45 AM CORE STRENGTH EXPRESS Chad - GXB			10:15-11:15AM BODY PUMP Danielle- GXB
9:00-9:45 AM AOA CARDIO FITNESS Chad - GXA		9:00-9:45 AM AOA STRENGTH Chad - GXA	10:00-10:45 AM STRENGTH TRAINING Miguel - GXA	10:00-10:45AM TOTAL BODY CONDITIONING Chad - GYM	10:15-11:15 AM ABOVE THE BARRE Taraneh-GXA
10:00-10:45 AM FUNCTIONAL STRENGTH Chad - GXA		10:00-10:45 AM Strength & conditioning Chad - GXA	10:00-10:45 AM Group Cycling All Levels Chad - GXB	10:30-11:30 AM YOGA ALL LEVELS Jim - GXA	11:30-12:30 PM YOGA ALL LEVELS Taraneh - GXA
				2:30-3:15 PM STRENGTH TRAINING Patti - GXA	
3:00-3:45 PM HIIT TRAINING Jennifer - GXA		4:00-4:45 PM PILATES Ken - GXA		3:30-4:15 PM CORE STRENGTH Jennifer - GXA	10:00-11:15 AM YOGA - YIN Jim - GXA
5:15-6:15 PM CYCLE ALL LEVELS Caroline -GXB	5:00-6:00 PM ZUMBA Teresa - GXA	4:30 - 5:30 PM YOGA - POWER VINYASA Craig - GXB		4:30-5:30 PM BOLLYWOOD ZUMBA Arjunn - GXA	
5:45-6:30 PM STRENGTH & CONDITIONING Patti - GXA		5:45-6:45PM BOOTCAMP Patti - GYM	5:00-6:00 PM YOGA ALL LEVELS George - GXB		
6:30-7:30 PM YOGA ALL LEVELS George - GXB	6:15-7:00 PM CARDIO KICKBOXING Teresa - GXA	6:00-7:00 PM DANCE FITNESS Rahel - GXA			
6:30-7:30 PM AQUA FITNESS Diana - Pool		6:30-7:30 PM AQUA FITNESS Trish - Pool	6:00-6:45 PM CARDIO STRENGTH Patti - GXA		
6:45 - 7:45 PM BOLLYWOOD ZUMBA Arjunn - GXA	6:30-7:30 PM YOGA ALL LEVELS Kylie-GXB	7:00-8:00 PM BODY PUMP Danielle- GXB	6:15-7:00 PM CYCLE ALL LEVELS Anthony - GXB		

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