



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MERIDEN YMCA GROUP EXERCISE SCHEDULE EFFECTIVE 1-2-22

Reservations are required for yoga and spin classes. Call 203.235.6386 or register online through your account.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Triple Threat 5:15 AM–6:00 AM Aerobics Room Beky	Spinning 5:15 AM–6:00 AM Multipurpose Room Dina	Strength/Boot Camp/ I-WOD 5:15 AM–6:00 AM Aerobics Room Annie O	Spinning 5:15 AM–6:00 AM Multipurpose Room Dina	Floor, Core and More 5:15 AM–6:00 AM Beky	Pilates 7:30 AM–8:15 AM Aerobics Room
					Spinning 8:00 AM – 8:45 AM Multipurpose Room Beky
Aqua Aerobics 9:00–10:00 AM Luis	Aqua Aerobics 9:00–10:00 AM Luis	Aqua Aerobics 9:00–10:00 AM Luis	Aqua Aerobics 9:00–10:00 AM Luis	Aqua Aerobics 9:00–10:00 AM Luis	ZUMBA® 8:30 AM–9:15 AM Aerobics Room Angel
Barbell Strong 9:30 AM–10:15 AM Aerobics Room		Piloxing 9:30 AM–10:15 AM Aerobics Room Annie O			Yoga 9:15 AM–10:00 AM Yoga Studio Kate
	Tai Chi 10:45 AM–11:30 AM Aerobics Room George	ZUMBA Gold 10:30 AM–11:00 AM Aerobics Room Annie O		Spinning 9:30 AM–10:15 AM Multipurpose Room	
Silver Sneakers 11:15 AM–12:00 PM Aerobics Room Kathy/Anne		Silver Sneakers 11:15 AM–12:00 PM Aerobics Room Kathy/Anne	Fit Senior Yoga 11:15 AM–12:00 PM Aerobics Room Pat	Silver Sneakers 11:15 AM–12:00 PM Aerobics Room Kathy/Anne	
Cardiac Rehab 11:15 AM–12:15 PM MP Room Lori There is a fee for this program		Cardiac Rehab 11:15 AM–12:15 PM MP Room Lori There is a fee for this program			
Tabata Strength 5:30 – 6:15 PM Aerobics Room Annie O	Boot Camp 5:30 – 6:15 PM Aerobics Room Annie O	ZUMBA® 5:30 – 6:15 PM Aerobics Room Annie O	Jillian Michaels Body Shred® 5:30 – 6:15 PM Aerobics Room Annie O	Bollywood ZUMBA® 5:00 – 5:45 PM Aerobics Room Gowari	
Spinning 5:30PM–6:15M Multipurpose Room Dina	Yoga 5:30 – 6:30 PM Yoga Studio Kate	Yoga I 5:30 – 6:30 PM Yoga Studio George			
Yoga I 5:30 – 6:30 PM Yoga Studio George		Spinning 5:30PM–6:15M Multipurpose Room Dina			
			Tai Chi 6:30 – 7:15 PM Aerobics Room George		