



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MERIDEN YMCA GROUP EXERCISE SCHEDULE EFFECTIVE 9-7-21

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 9:00-10:00AM 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 Beky		Piloxing 9:00 AM-9:45 AM Aerobics Room Annie O		ZUMBA Gold 9:00 AM-9:30 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			Spinning 9:30 AM-10:15 AM Multipurpose Room Beky	
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		