



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

SUMMER 2020– BY RESERVATION FOR MERIDEN YMCA MEMBERS ONLY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Spinning 5:30AM – 6:15AM Gymnasium W	Strength/Boot Camp/ I-WOD 5:30AM – 6:15AM Aerobics Room Annie O	Spinning 5:30AM – 6:15AM Gymnasium W			
					Pilates 7:30AM – 8:15AM Aerobics Room	
					Spinning 8:00AM – 8:45 AM Gymnasium Beky	
Aqua Aerobics 8:45AM – 9:30 AM Bryeanna	Aqua Aerobics 8:45AM – 9:30 AM Bryeanna	Aqua Aerobics 8:45AM – 9:30 AM Bryeanna	Aqua Aerobics 8:45AM – 9:30 AM Bryeanna	Aqua Aerobics 8:45AM – 9:30 AM Bryeanna	ZUMBA® 8:30 AM – 9:15 AM Aerobics Room Angel	
Barbell Strong 9:30AM – 10:15AM Aerobics Room Beky		Piloxing 9:30AM – 10:15AM Aerobics Room Annie O		Spinning 9:30AM – 10:15 AM Gymnasium Beky	Yoga 9:15 AM – 10:00 AM Gymnasium Kate	
Aqua Aerobics 9:45AM – 10:30 AM Tony	Aqua Aerobics 9:45AM – 10:30 AM Tony	Aqua Aerobics 9:45AM – 10:30 AM Tony	Aqua Aerobics 9:45AM – 10:30 AM Bryeanna	Aqua Aerobics 9:45AM – 10:30 AM Tony		
	Tai Chi 10:45 AM – 11:30 AM Aerobics Room George					
Silver Sneakers 1:30-2:30 PM Starts 7/20	Spinning 12:00 – 12:45 PM Gymnasium Beky	Silver Sneakers 1:30-2:30 PM Starts 7/22	Spinning 12:00 – 12:45 PM Gymnasium Beky	Silver Sneakers 1:30-2:30 PM Starts 7/24		
		Barbell Strong 4:00 – 4:45 PM Aerobics Room Annie				
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		
		Yoga I 5:30 – 6:30 PM Gymnasium George	Yoga 5:30 – 6:30 PM Gymnasium Kate			
6:30 – 7:15 PM ZUMBA Annie O		Yoga II 6:45 – 7:30 PM Gymnasium George				
Aqua Aerobics 7:00-7:45 PM Leila		Aqua Aerobics 7:00 – 7:45 PM Leila	Tai Chi 6:30 – 7:15 PM Aerobics Room George			