



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MERIDEN YMCA GROUP EXERCISE SCHEDULE

BY RESERVATION FOR MERIDEN-NEW BRITAIN-BERLIN YMCA MEMBERS ONLY EFFECTIVE 9/21/20

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Triple Threat 5:15AM-6:00 AM Aerobics Room Beky	Spinning 5:15AM-6:00 AM Gymnasium W	Strength/Boot Camp/ I-WOD 5:15AM-6:00 AM Aerobics Room Annie O	Spinning 5:15AM-6:00 AM Gymnasium Dina	Floor, Core and More 5:15AM-6:00 AM Beky	Pilates 7:30AM-8:15 AM Aerobics Room	
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	Spinning 8:00AM - 8:45 AM Gymnasium Beky	ZUMBA® 8:30 AM-9:15 AM Aerobics Room Angel
Barbell Strong 9:30AM-10:15 AM Aerobics Room Beky		Piloxing 9:30AM-10:15 AM 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					
	Spinning 12:00-12:45 PM Gymnasium Beky		Spinning 12:00-12:45 PM Gymnasium Beky	Aqua Aerobics 1:30-2:15 PM Bryeanna		
Silver Sneakers 1:30-2:30 PM Kathy/Anne		Silver Sneakers 1:30-2:30 PM Kathy/Anne	Fit Senior Yoga 1:30-2:30 PM Pat	Silver Sneakers 1:30-2:30 PM Kathy/Anne		
		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			
	Spinning 5:30-6:15PM Dina		Spinning 5:30-6:15PM Dina			
6:30-7:15 PM ZUMBA Annie O			Tai Chi 6:30 - 7:15 PM Aerobics Room George			
	Aqua Aerobics 8:30-9:00 PM Leila	Aqua Aerobics 8:30-9:00 PM Leila	Aqua Aerobics 8:30-9:00 PM Leila			