

We're a Y like no other!

- NBA Basketball Courts
- Technogym® Kinesis stations with 3D movement
- Life Fitness® Olympic Racks
- Hammerstrength® Plate Loaded Equipment
- Steam Rooms and Sauna
- SportsCare Physical Therapy
- Massage Therapy
- Group Exercise Programs (Les Mills, Zumba®, Pilates)
- Cycling Studio with IC7 bikes
- Performance Training Studio (TRX®, Skillmills)
- Personal Training
- Mara Center for Early Childhood Learning
- Child Watch
- Technology Lab
- Teen Center & Senior Lounge
- Nutrition Consults
- Integrated Workout Tracker with "MyWellness" App
- 25yd, 6-lane competition pool (opens early fall)
- Café
- Cooking Studio
- Social Areas

And More...

CLASSES START MAY 22ND

DOWNLOAD THE PROGRAM GUIDE FULL LIST OF PROGRAMS

Classes for children, teens, adults, active older adults, seniors and families

LIMITED TIME OFFER

\$1

BECOME A MEMBER AND ENJOY 70+ FREE CLASSES

JOINER FEE

Enrichment Classes for Preschoolers and Youth

Rock Your World, Legos, Brain Games, Architect, Time Travelers, Globetrotters

Academic Readiness (Ages 2-5)

Ready Set Add, Ready Set Read, Preschool Prep, Little Learners, Mini Minds

Youth Exercise Classes (Ages 6-18)

Young yogis, ZUMBA KIDS yoga, zumba, cardkids, Youth Running Club

Youth Cooking Classes

Teen Chefs, Mini Chefs, Cooking Basics, Yummy Tummies, International Meals

Youth Dance Classes

Ballet, Tap, Hip Hop, Jazz

Art Classes (Ages 2-10)

Little Picassos, Painting, Drawing, Graphic Design, Art Discovery, Art Basics

Sports Programs (All Ages)

Leagues, Clinics and Recreation

SAT Prep

Music Classes
Guitar lessons, Musical Munchkins, Rock Your World

STEAM Classes

Little Architects, Little Beakers, Mini Einsteins, STEM 1 & 2

Teen and Young Adult Fitness Classes

Gymnastics

Adult Enrichment Classes

ESL, Book Club, Resume Building, Typing, Painting, Computer Basics, Internet Basics, Photoshop

Adult Wellness Classes

Aerial Yoga, Kettlebells, Functional Foundations

Group Exercise Classes for Men and Women

Les Mills, Yoga, Pilates, etc.

Adult Cooking Classes

Health & Wellness
Nutrition Services, Weight Management classes, Massage Therapy

Performance Training for Youth and Adults

TRX, Aerial Yoga, Kettlebells, Functional Foundations, Skillmill training, Intro to Lifting

Computer Skills

Excel, PowerPoint, Word, Computer Basics, PhotoShop, etc.

Training Courses

First Aid, Lifeguard Training and Recertification, CPR classes, Youth Self Defense, Speed-Agility-Quickness (SAQ)

Prenatal and Post-Partum Programs

Prenatal Yoga, Stroller Fit, Parent-child classes, Post-Partum Pilates, Massage

Active Older Adults

Pickleball, Armchair Yoga, Zumba Gold

Senior Enrichment

Computer Basics, Breakfast Club, Crafts,

Parent/Child classes

Baby & Me, swim lessons

Programs for Parents & Caregivers

Swim Lessons for all ages and abilities and Open Swim

Open Gatorade Gym Time for Members

Basketball, Table Tennis, Volleyball, etc.

Adult Leagues

Kickball, Dodgeball, Soccer, Volleyball, Badminton, Pickleball



NEW STATE-OF-THE-ART YMCA

MEADOWLANDS AREA YMCA

390 Murray Hill Parkway,
East Rutherford, NJ 07073
201 955 5300
meadowlandsYMCA.org



Located right off of Route 17 behind Staples in former Nets practice facility.

Financial Assistance Available

SpringSummerSessions2017-1

MEMBER AND NON-MEMBER PRICING