



Metuchen YMCA

GROUP FITNESS SCHEDULE

September 2-January 4 ,2026

MORNING /AFTERNOON/ EVENING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	Serenity Power Strength 8:00-8:55am Linda (MPR)	TUESDAY	Total Body 7:00-7:55 am Marilyn (MPR)	WEDNESDAY	Core & More 8:00-8:55am Angela (MPR)	THURSDAY	Zumba 8:00-8:55am Linda (MPR)	FRIDAY	Stretch & Balance 8:00-8:55am Angela (MPR)	SATURDAY	Cycling 7:30-8:15am Tracy (C)	SUNDAY	
	Step & Tone 7:30-8:30 am Cathy (Outside)		Pilates 8:00-9:00am Linda (MPR)		Step & Tone 7:30-8:30am Cathy (Outside)		Yoga 9:00-9:55am Luis (MPR)		Zumba 9:00-9:55am EJ (MPR)		Yoga 8:00-8:55am (MPR)		Step & Tone 8:00-8:55am Cathy (MPR)
	Total Body 9:00-9:55am Doreen (MPR)		ZUMBA 9:00-9:55am EJ (MPR)		Total Body 9:00-9:55am Angela (MRP)		Forever Fitness 10:00-10:55am Lihan (MPR)		Aqua ZUMBA 9:30-10:30 Lihan (Finnie Pool)		Step & Abs 8:00-9:00 am Cathy (Outside)		Pilates 9:00-10:00am Linda (MPR)
	AquaFit 9:30-10:30 Lihan (Finnie Pool)		Chair Yoga 10:10-11:05pm EJ (MPR)		Cardio Lite 10:00-10:55am Doreen (MPR) ♥		Aqua PI-YO 11:15-12:00 Lihan (Finnie Pool)		Chair Fitness 10:00-10:55am Nancy (MPR) ♥		Zumba 9:00-10:00am Lisette (MPR)		
	Cardio Lite 10:00-10:55am Doreen (MPR) ♥		Cardio Strength 6:00-6:55pm Tracy (MPR)		Total Body 6:15-7:30pm Nancy (MPR)		Yoga Flow 6:00-6:55pm Lihan (MPR)						
	HIIT 6:00-6:55pm Marilyn (MPR)1		Line Dancing 7:00-7:55pm Sari (MPR)										
			Cycling 7:15-8:00pm Tracy (C)										

LOCATIONS:

1: MPR
2: Studio
C: Cycling Studio

♦ New Location/Time

♥ Active Older Adults