



Metuchen YMCA

GROUP FITNESS SCHEDULE

September 2-November 2, 2025

MORNING /AFTERNOON/ EVENING

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Serenity Power Strength 8:00-8:55 Linda (MPR) New	Total Body 7:00-7:55 Marilyn (MPR)	Core & More 8:00-8:55 Angela (MPR)	Zumba 8:00-8:55 Linda (MPR)	Stretch & Balance 8:00-7:55 Angela (MPR)	Cycling 7:30-8:15 Tracy (C)	
Step & Tone 7:30-8:30 Cathy (Outside)	Pilates 8:00-9:00 Linda (MPR) New	Step & Tone 7:30-8:30 Cathy (Outside)	Yoga 9:00-9:55 Luis (MPR)	Zumba 9:00-9:55 EJ (MPR)	Yoga 8:00-9:00 Reena (MPR) New	Step & Tone 8:00-900 Cathy (MPR)
Total Body 9:00-9:55 Doreen (MPR)	ZUMBA 9:00-9:55 EJ (MPR)	Total Body 9:00-8955 Angela (MRP)	Forever Fitness 10:00-10:55 Lihan (MPR) ♥	Aqua ZUMBA 9:30-10:30 Lihan (Finnie Pool)	Step & Abs 8:00-9:00 Cathy (Outside)	Pilates 9:00-10:00 Linda (MPR) New
Aquafit 9:30-10:30 Lihan (Finnie Pool)	Chair Yoga New 10:10-11:15 EJ (MPR)	Cardio Lite 10:00-10:55 Doreen (MPR) ♥	Aqua PI-YO 11:15-12:00 Lihan (Finnie Pool)	Chair Fitness New 10:00-10:55 Nancy (MPR) ♥	Zumba 9:00-10:00 Lisette (MPR)	
Cardio Lite 10:00-10:55 Doreen (MPR) ♥	Cardio Strength 6:00-6:55 Tracy (MPR)	Total Body 6:15-7:30 Nancy (MPR) New	Yoga Flow 6:00-6:55 Lihan (MPR)	LOCATIONS: 1: MPR 2: Studio C: Cycling Studio		
HIIT 6:00-6:55 Marilyn (MPR)	Line Dancing 7:00-7:55 Sari (MPR)					
	Cycling 7:15-8:00pm Tracy (C)					

♦ New Location/Time
♥ Active Older Adults