



Metuchen YMCA GROUP FITNESS SCHEDULE January 2-March 2, 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING /AFTERNOON/ EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Step & Tone 7:30-8:30 Cathy (GYM)	Cycling 7:00-8:00 Marilyn (C)	Yoga & Meditation 7:00-8:00(MPR) Luis	Zumba 8:00-8:55 Linda (MPR)	Stretch & Balance 8:00-8:55 Angela (MPR)	Cycling 7:30-8:15 Tracy (C)	
Pilates 8:00-8:55 Linda (MPR)	Serenity Power Strength 8:00-9:00 Linda (MPR)	Step & Tone 7:30-8:30 Cathy (GYM)	Yoga 9:00-9:55 Luis (MPR)	Zumba 9:00-10:00 EJ (MPR)	Yoga New 8:00-8:55 Reema (MPR))	Step & Abs 8:00-8:55 New Cathy (MPR)
Total Body 9:00-9:55 Doreen (MPR)	ZUMBA 9:00-9:55 EJ (MPR)	Core & More 8:00-8:55 Angela (MPR)	Forever Fitness 10:00-10:55 Lihan (MPR) ♥	Aqua ZUMBA 9:30-10:30 Lihan (Finnie Pool)	Step & Abs 8:00-9:00 Cathy (GYM)	Serenity Power Strength 9:00-10:00 Linda (MPR) New
Aquafit 9:30-10:30 Lihan (Finnie Pool)	Chair Yoga 10:00-11:00 EJ (MPR)	Total Body 9:00-9:55 Angela (MRP)	Aqua PI-YO 11:15-12:00 Lihan (Finnie Pool)		Zumba 9:00-10:00 Lisette (MPR)	
Cardio Lite 10:00-10:55 Doreen (MPR) ♥	Step & Tone New 6:00-6:55 Tracy (MPR)	Cardio Lite 10:00-10:55 Doreen (MPR) ♥	Zumba 6:00-6:55 Lihan (MPR)	LOCATIONS: 1: MPR 2: Studio C: Cycling Studio Gymnasium/ Outdoor		
Cardio Intervals 6:00-6:55 Marilyn (MPR)	Line Dancing 7:00-7:55 Sari (MPR)	Kickboxing Express 6:00-6:30 Nancy (MPR)	Yoga Flow 7:00-8:00 Lihan (MPR)			
Pilates New 7:00-7:55 Reema (MPR)	Cycling 7:15-8:00pm Tracy (C)	Total Body 6:35-7:30 Nancy (MPR)		◆ New Location/Time ♥ Active Older Adults		