



# Metuchen YMCA

## GROUP FITNESS SCHEDULE

### March 4-April 28, 2024

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MORNING /AFTERNOON/ EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Step &amp; Tone</b> 7:30-8:30 Cathy (Gym)	<b>Cycling</b> 7:00-8:00 Marilyn (C) ♦	<b>Yoga &amp; Meditation</b> 7:00-8:00(MPR) Luis	<b>Zumba</b> 8:00-9:00 Linda (MPR)	<b>Pilates</b> 8:00-9:00 Linda (MPR)	<b>Cycling</b> 7:30-8:15 Tracy ©	
<b>Total Body</b> 9:00-9:55 Doreen (MPR)	<b>Serenity Power Strength</b> 8:00-9:00 Linda (MPR)	<b>Step &amp; Tone</b> 7:30-8:30 Cathy (Gym)	<b>Yoga</b> 9:00-9:55 Luis (MPR)	<b>Total Body Fusion</b> 9:00-10:00 Angela (MPR)	<b>Serenity Power Strength</b> 8:00-9:00 Linda (MPR))	<b>Step &amp; Tone</b> 8:00-9:00 Linda (MPR)
<b>AquaFIT</b> 9:30-10:30 Lihan (Finnie Pool)	<b>ZUMBA</b> 9:00-9:55 EJ (MPR)	<b>Stretch and Balance</b> 8:00-8:55 Angela (MPR)	<b>Forever Fitness</b> 10:00-11:00 Lihan (MPR) ♥	<b>Zumba</b> 9:00-10:00 EJ (Gym)	<b>Step &amp; Abs</b> 8:00-9:00 Cathy (Gym)	<b>Pilates</b> 9:00-10:00 Linda (MPR)
<b>Cardio Lite New</b> 10:00-11:00 Doreen (MPR) ♥	<b>TAI CHI</b> 10:00-10:45 EJ (GYM)	<b>Balls, Bars, Bands</b> 9:00-9:55 Angela (MRP)	<b>Aqua PI-YO</b> 11:15-12:00 Lihan (Finnie Pool)	<b>Aqua ZUMBA</b> 9:30-10:30 Lihan (Finnie Pool)	<b>Zumba</b> 9:00-10:00 Lisette (MPR)	
<b>HIIT</b> 6:00-6:55 Marilyn (MPR)	<b>Cardio Intervals</b> 6:00-6:55 Tracy (MPR)	<b>Cardio Lite</b> 10:00-11:00 Doreen (MPR) ♥	<b>Zumba</b> 6:00-7:00 Lihan (MPR)	<div style="background-color: #4db6ac; border-radius: 15px; padding: 10px;"> <p><b>LOCATIONS:</b></p> <p>1: MPR</p> <p>2: Studio</p> <p>C: Cycling Studio</p> <p>Gym</p> </div>		
<b>Pilates</b> 7:00-7:55 Renna (MPR)	<b>Line Dancing</b> 7:00-7:55 Sari (MPR)	<b>Total Body Express</b> 6:00-6:30 Nancy (MPR)	<b>Yoga Flow</b> 7:00-8:00 Lihan (MPR)			
	<b>Cycling</b> 7:15-8:00pm Tracy (C)	<b>Cardio Boxing</b> 6:35-7:30 <b>New</b> Nancy (MPR)	<b>Cycling</b> 6:00-7:00pm Marilyn (C) <b>New</b>	<div style="border: 1px solid #ccc; border-radius: 10px; padding: 5px;"> <p>♦ New Location/Time</p> <p>♥ Active Older Adults</p> </div>		