



Metuchen YMCA

GROUP FITNESS SCHEDULE

April 29-June 23, 2024

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