



Metuchen YMCA

GROUP FITNESS SCHEDULE

June 24–September 8, 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 (Outdoor)	Cycling 7:00-8:00 Marilyn(C)	Yoga & Meditation 7:00-8:00(MPR) Luis	Zumba 7:00-8:00 Linda (MPR)	Pilates 7:00-8:00 Linda (MPR)	Cycling 7:30-8:15 Tracy (C)	
Total Body 8:00-8:55 Doreen (MPR)	Serenity Power Strength 8:00-9:00 Linda (MPR)	Step & Tone 7:30-8:30 Cathy (Outdoor)	Yoga 8:00-8:55 Luis (MPR)	Stretch & Balance 8:00-9:00 Angela (MPR) New	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)	Core & More 8:00-8:55 Angela (MPR) New	Forever Fitness 9:00-9:55 Lihan (MPR) ♥	Zumba 9:00-10:00 EJ (MPR)	Step & Abs 8:00-9:00 Cathy (Outdoor)	Pilates 9:00-10:00 Linda (MPR)
Cardio Lite 9:00-9:55 Doreen (MPR) ♥	Aqua HIIT 12:00-12:45 New Alexis (Finnie Pool)	Balls, Bars, Bands 9:00-9:55 Angela (MRP)	Aqua PI-YO 10:15-11:00 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)	Bootcamp 6:00-6:55 Tracy (MPR) New	Cardio Blast 6:00-6:30 Nancy (MPR)	Zumba 6:00-7:00 Lihan (MPR)	<div style="background-color: #4db6ac; border-radius: 15px; padding: 10px;"> LOCATIONS: 1: MPR 2: Studio C: Cycling Studio Gym </div>		
Yogalates 7:00-7:55 Renna (MPR)	Line Dancing 7:00-7:55 Sari (MPR)	Total Body 6:35-7:30 Nancy (MPR)	Yoga Flow 7:00-8:00 Lihan (MPR)			
	Cycling 7:15-8:00pm Tracy (C)					

◆ New Location/Time
♥ Active Older Adults