



Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March

MONDAY

Adults 18+
5:30am-7:15am

Group Fitness
7:30am-8:30am

Pickleball
Beginner
9:00am-2:00pm

Teens
2:30pm-5:45pm

Gym Closed
6:00 pm-9:00 pm

TUESDAY

Adults 18+
5:30am-9:30am

Group Fitness
10:00am-10:45am

Adults 18+
11:00am-2:00pm

Teens
2:30pm-4:15pm

Aftercare
4:30 pm-6:00 pm

Pickleball
6:30pm-8:30pm

WEDNESDAY

Open Gym
5:30am-7:15am

Group Fitness
7:30am-8:30am

Pickleball
Intermediate
9:00am-2:00pm

Teens
2:30pm-5:45pm

Gym Closed
6:00pm-9:00pm

THURSDAY

Adults 18+
5:30am-9:30am

Pickleball
10:00am-2:00pm

Teens
2:30pm-4:15pm

Family Gym
4:30pm-5:30pm

Open Gym
5:45pm-7:15pm

Gym Closed
7:30pm-9:00pm

FRIDAY

Adults 18+
5:30am-9:30am

Group Fitness
9:00am-9:55am

Pickleball
Intermediate
10:00am-2:00pm

Open Gym
2:30pm-5:30pm

Gym Closed
6:00pm-7:30pm

Open Gym
7:45pm-8:45pm

SATURDAY

Family Gym
7:00am-7:45am

Group Fitness
8:00am-9:00am

Pickleball
9:30am-12:30pm

Teens
1:00pm-3:45pm

SUNDAY

Family Gym
7:00am-8:45am

Youth Basketball
9:00am-11:00am

Teens
11:15am-12:45pm

Family Gym
1:00pm-3:45pm



Please note this schedule is subject to change. We will send out text alerts for any changes in the gym schedule. To register for text alerts please see the front desk or scan the QR code!