



Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May

MONDAY

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

Group Fitness
7:30am-8:30am

Adults 18+
8:30am-10:00am

Pickleball
Beginner
10:00am-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

Adults 18+
8:30am-10:00am

Pickleball
Intermediate
10:00am-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



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