



Metuchen YMCA

GROUP FITNESS SCHEDULE

June 16-September 1, 2025

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING /AFTERNOON/ EVENING

MONDAY	Pilates 7:00-7:55 Linda (MPR)	Total Body 7:00-7:55 Marilyn (MPR)	WEDNESDAY	Core & More 7:00-7:55 Angela (MPR)	THURSDAY	Zumba 7:00-7:55 Linda (MPR)	FRIDAY	Stretch & Balance 7:00-7:55 Angela (MPR)	SATURDAY	Cycling 7:30-8:15 Tracy (C)	SUNDAY	Step & Tone 8:00-9:00 Cathy (MPR)
	Step & Tone 7:30-8:30 Cathy (Outside)	Serenity Power Strength 8:00-9:00 Linda (MPR)		Step & Tone 7:30-8:30 Cathy (Outside)		Yoga 8:00-8:55 Luis (MPR)		Zumba 8:00-8:55 EJ (MPR)		Yogilates 8:00-9:00 EJ (MPR) New		
	Total Body 8:00-8:55 Doreen (MPR)	ZUMBA 9:00-9:55 EJ (MPR)		Total Body 8:00-8:55 Angela (MRP)		Forever Fitness 9:00-9:55 Lihan (MPR) ♥		Aqua ZUMBA 9:30-10:30 Lihan (Finnie Pool)		Step & Abs 8:00-9:00 Cathy (Outside)		Serenity Power Strength 9:00-10:00 Linda (MPR)
	Aquafit 9:30-10:30 Lihan (Finnie Pool)	Cardio Strength 6:00-6:55 Tracy (MPR)		Cardio Lite 9:00-9:55 Doreen (MPR) ♥		Aqua PI-YO 10:15-11:00 Lihan (Finnie Pool)		Chair Yoga New 9:00-9:55 EJ (MPR)		Zumba 9:00-10:00 Lisette (MPR)		
	Cardio Lite 9:00-9:55 Doreen (MPR) ♥	Line Dancing 7:00-7:55 Sari (MPR)		Cardio Express 6:00-6:30 Nancy (MPR)		Yoga Flow 6:00-6:55 Lihan (MPR)	LOCATIONS: 1: MPR 2: Studio C: Cycling Studio Gymnasium/ Outdoor					
	HIIT 6:00-6:55 Marilyn (MPR)	Cycling 7:15-8:00pm Tracy (C)		Total Body Fusion 6:35-7:30pm Nancy (MPR)								
	Core & More 7:00-7:30 Marilyn (MPR) New						♦ New Location/Time ♥ Active Older Adults					