



Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 1st– October 1st

MONDAY

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

Group Fitness
7:30am-8:30am

Open Gym
8:45am-10:00am

Beginner Pickleball
10:15am-1:00pm

Open Gym
1:15pm-2:00pm

Teen Gym
2:15pm-4:00pm

Adults 18+
4:15pm-5:30pm

Open Gym
6:00pm-8:45pm

TUESDAY

Adults 18+
5:30am-6:45am

Open Gym
7:00am-9:45am

Pickleball Training
10:00am-11:00am

Open Gym
11:15am-2:30pm

Teen Gym
2:45pm-4:45pm

Open Gym
5:00pm-6:00pm

YMCA Sports
6:00pm-6:45pm

Mixed Pickleball
7:00pm-8:45pm

WEDNESDAY

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

Group Fitness
7:30am-8:30am

Open Gym
8:45am-10:00am

Intermediate Pickleball
10:15am-2:00pm

Teen Gym
2:15pm-5:45pm

Open Gym
6:00pm-8:45pm

THURSDAY

Adults 18+
5:30am-8:45am

Open Gym
8:45am-10:am

Mixed Pickleball
10:15am-2:00pm

Teen Gym
2:15pm-5:45pm

Open Gym
6:00pm-7:30pm

YMCA Sports Class
7:30pm-9:00pm

FRIDAY

Adults 18+
5:30am-8:45am

Pickleball Training
9:00am-10:00am

Open Gym
10:15am-12:00pm

Intermediate Pickleball
12:00pm-2:00pm

Open Gym
2:15pm-8:45pm

SATURDAY

Open Gym
7:00am-7:45am

Group Fitness
8:00am-9:00am

Mixed Pickleball
9:15am 12:00PM

Open Gym
12:15pm-4:00pm

SUNDAY

YMCA Sports
7:00am-8:30am

Adult 18+
9:00am-10:30am

Open Gym
10:45am-4:00pm



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!