



Metuchen YMCA GROUP FITNESS SCHEDULE June 22 –August 31 ,2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING /AFTERNOON/ EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Serenity Power Strength 7:00-7:55am Linda (MPR)	Total Body 7:00-7:55 am Marilyn (MPR)	Step & Tone 7:30-8:30am Cathy (Outside)	Pilates 7:00-7:55am Linda (MPR)	Stretch & Balance 7:00-7:55am Angela (MPR)	Cycling 7:30-8:15am Tracy (C)	
Step & Tone 7:30-8:30 am Cathy (Outside)	Pilates 8:00-9:00am Linda (MPR)	Functional Strength 8:00-8:55am Angela (MPR)	Zumba 8:00-8:55am Linda (MPR)	Zumba 8:00-8:55am EJ (MPR)	Yoga 8:00-8:55am (MPR) Reena	Step & Tone 8:00-8:55am Cathy (MPR)
Total Body 8:00-8:55am Doreen (MPR)	Zumba 9:00-9:55am EJ (MPR)	Total Body 9:00-9:55am Angela (MRP)	Yoga 9:00-9:55am Luis (MPR)	Chair Fitness 9:00-9:55am Nancy (MPR) ♥	Step & Abs 8:00-9:00 am Cathy (Outside)	Pilates 9:00-10:00am Linda (MPR)
Aquafit 9:30-10:30am Lihan (Finnie Pool)	Cardio Blast 6:00-6:55pm Tracy (MPR)	Aquafit 10:00-11:00 Anniemarie (Finnie Pool)	Aqua PI-YO 11:15-12:00pm Lihan (Finnie Pool)	Aqua ZUMBA 9:30-10:30am Lihan (Finnie Pool)	Zumba 9:00-10:00am Lisette (MPR)	
Cardio Lite 9:00-9:55am Doreen (MPR) ♥	Line Dancing 7:00-7:55pm Sari (MPR)	Total Body 6:15-7:15pm Nancy (MPR)	Yoga Flow 6:00-6:55pm Lihan (MPR)			
20/20/20 6:00-6:55pm Marilyn (MPR)	Cycling 7:15-8:00pm Tracy (C)					
	Aqua ZUMBA 7:30-8:15pm Sobhana (Finnie Pool)					

LOCATIONS:
1: MPR
2: Studio
C: Cycling Studio