



# Metuchen YMCA GROUP FITNESS SCHEDULE March 3-April 27, 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MORNING /AFTERNOON/ EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Step &amp; Tone</b> 7:30-8:30 Cathy (GYM)	<b>Total Body</b> 7:00-7:55 <b>NEW</b> Marilyn (MPR)	<b>Yoga &amp; Meditation</b> 7:00-7:55-(MPR) Luis	<b>Zumba</b> 8:00-8:55 Linda (MPR)	<b>Stretch &amp; Balance</b> 8:00-8:55 Angela (MPR)	<b>Cycling</b> 7:30-8:15 Tracy (C)	
<b>Pilates</b> 8:00-8:55 Linda (MPR)	<b>Serenity Power Strength</b> 8:00-9:00 Linda (MPR)	<b>Step &amp; Tone</b> 7:30-8:30 Cathy (GYM)	<b>Yoga</b> 9:00-9:55 Luis (MPR)	<b>Zumba</b> 9:00-9:55 EJ (MPR)	<b>Yoga</b> 8:00-9:00 Reena (MPR)	<b>Step &amp; Tone</b> 8:00-9:00 Cathy (MPR)
<b>Total Body</b> 9:00-9:55 Doreen (MPR)	<b>ZUMBA</b> 9:00-9:55 EJ (MPR)	<b>Core &amp; More</b> 8:00-8:55 Angela (MPR)	<b>Forever Fitness</b> 10:00-10:55 Lihan (MPR) ♥	<b>Aqua ZUMBA</b> 9:30-10:30 Lihan (Finnie Pool)	<b>Step &amp; Abs</b> 8:00-9:00 Cathy (GYM)	<b>Serenity Power Strength</b> 9:00-10:00 Linda (MPR)
<b>Aquafit</b> 9:30-10:30 Lihan (Finnie Pool)	<b>Chair Yoga</b> 10:00-11:00 EJ (MPR)	<b>Total Body</b> 9:00-9:55 Angela (MRP)	<b>Aqua PI-YO</b> 11:15-12:00 Lihan (Finnie Pool)	<b>Chair Pilates</b> 10:00-11:00 EJ (MPR) <b>NEW</b>	<b>Zumba</b> 9:00-10:00 Lisette (MPR)	
<b>Cardio Lite</b> 10:00-10:55 Doreen (MPR) ♥	<b>Step &amp; Tone</b> 6:00-6:55 Tracy (MPR)	<b>Cardio Lite</b> 10:00-10:55 Doreen (MPR) ♥	<b>Yoga Flow</b> 6:00-6:55 Lihan (MPR)	<b>LOCATIONS:</b> <b>1: MPR</b> <b>2: Studio</b> <b>C: Cycling Studio</b> <b>Gymnasium/ Outdoor</b>		
<b>Cardio Intervals</b> 6:00-6:55 Marilyn (MPR)	<b>Line Dancing</b> 7:00-7:55 Sari (MPR)	<b>Kickboxing Express</b> 6:00-6:30 Nancy (MPR)				
<b>Pilates</b> 7:00-7:55 ReenaMPR)	<b>Cycling</b> 7:15-8:00pm Tracy (C)	<b>Total Body</b> 6:35-7:30 Nancy (MPR)	<b>♦ New Location/Time</b>  <b>♥ Active Older Adults</b>			