



# Metuchen YMCA GROUP FITNESS SCHEDULE

November 4 – December 22 **Modified Schedule**  
December 23-January 1,2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MORNING /AFTERNOON/ EVENING

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