



Metuchen YMCA

GROUP FITNESS SCHEDULE

September 9–November 3, 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING /AFTERNOON/ EVENING

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

◆ **New Location/Time**
♥ **Active Older Adults**