



# Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## December 1st– January 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

Open Gym  
2:15pm-6:00pm

Gym Rental  
6:30pm-9:00pm

### FRIDAY

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

Pickleball Training  
9:00am-10:00am

Intermediate Pickleball  
10:00am-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!