



**Metuchen YMCA
GYM SCHEDULE
August -November**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adults 18+	Adults 18+ 5:30am-7:15am Adults 18+ 8:30-10am Adults 18+ 4:30-6pm	Adults 18+ 5:30am-9:30am Adults 18+11am-2pm	Adults 18+ 8:30am-10am Adults 18+ 6:00-7:30pm	Adults 18+ 5:30am-9:30am Adults 18+ 4:30pm-5:30pm	Adults 18+ 5:30am-8:45am		Adults 18+ 7:00am-8:30am
Family Gym		Family Gym 5:00pm-6:15pm		Family Gym 6:15pm-8:45pm	Family Gym 7:30pm-8:45pm		Family Gym 9:00am-11:00am
Teens	Teens 2:30pm-4:30pm	Teens 2:30pm-5pm	Teens 2:30pm-5:45pm	Teens 2:30pm-4:30pm	Teens 2:15pm-4:15pm	Teens 12:15pm-3:45pm	Teens 11:15pm-12:45pm
Open Gym	Open Gym 6:00pm-8:45pm		Open Gym 5:30am-7:15am Open 7:30pm-8:45pm			Open Gym 7:00am-7:45am	Open Gym 1pm-3:45pm
Pickleball	Beginners Pickleball 10am-2:00pm	Mixed Pickleball 6:30pm-8:30pm	Pickleball Intermediate 10am-2:00pm	Pickleball 10am-2:00pm	Pickleball Intermediate 10am-2:00pm	Pickleball 9:30am 12:00pm	
CLOSED/ Programs	Fitness Class 7:30am-8:30am	Pickleball Coaching 10:00am-11:00am	Fitness Class 7:30am-8:30am		Pickleball Coaching 9:00am-10:00am Girls Basketball program 4:30-7:15pm	Fitness Class 8:00am-9:00am	