



Metuchen YMCA GROUP FITNESS SCHEDULE March 8 April 26 , 2026

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORNING /AFTERNOON/ EVENING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Serenity Power Strength 8:00-8:55am Linda (MPR)	Total Body 7:00-7:55 am Marilyn (MPR)	Step & Tone 7:30-8:30am Cathy	Pilates 7:00-7:55am Linda (MPR)	Stretch & Balance 8:00-8:55am Angela (MPR)	Cycling 7:30-8:15am Tracy (C)	
Step & Tone 7:30-8:30 am Cathy	Pilates 8:00-9:00am Linda (MPR)	Core & More 8:00-8:55am Angela (MPR)	Zumba 8:00-8:55am Linda (MPR)	Zumba 9:00-9:55am EJ (MPR)	Yoga & Meditation 8:00-8:55am (MPR)	Step & Tone 8:00-8:55am Cathy (MPR)
Total Body 9:00-9:55am Doreen (MPR)	ZUMBA 9:00-9:55am EJ (MPR)	Aquafit 9:00-9:45am Annemarie (Finnie Pool)	Yoga 9:00-9:55am Luis (MPR)	Aqua ZUMBA 9:30-10:30 Lihan (Finnie Pool)	Step & Abs 8:00-9:00 am Cathy	Pilates 9:00-10:00am Linda (MPR)
Aquafit 9:30-10:30 Lihan (Finnie Pool)	Chair Yoga 10:10-11:05pm EJ (MPR)	Total Body 9:00-9:55am Angela (MRP)	Forever Fitness 10:00-10:55am Lihan (MPR)	Chair Fitness 10:00-10:55am Nancy (MPR) ♥	Zumba 9:00-10:00am Lisette (MPR)	
Cardio Lite 10:00-10:55am Doreen (MPR) ♥	Cardio Blast & Abs 6:00-6:55pm Tracy (MPR)	Cardio Lite 10:00-10:55am Doreen (MPR) ♥	Aqua PI-YO 11:15-12:00pm Lihan (Finnie Pool)			
20/20/20 6:00-6:55pm Marilyn (MPR)1	Line Dancing 7:00-7:55pm Sari (MPR)	Total Body 6:15-7:30pm Nancy (MPR)	Yoga Flow 6:00-6:55pm Lihan (MPR)			
	Cycling 7:15-8:00pm Tracy (C)					

LOCATIONS:
1: MPR
2: Studio
C: Cycling Studio

◆ New Location/Time
♥ Active Older Adults