



Metuchen YMCA

GROUP EXERCISE SCHEDULE

August 31-October 25



MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Step & Tone 7:30 - 8:30 AM Cathy (Outside)	Total Body 7 - 7:55 AM Marilyn (MPR)	Step & Tone 7:30 - 8:30 AM Cathy (Outside)	Pilates 7 - 7:55 AM Linda (MPR)	Total Body ^{New} 7 - 7:55 AM Marilyn (MPR)	Cycling 7:30 - 8:15 AM Tracy (C)	Step & Tone 8 - 8:55 AM Cathy (MPR)
Serenity Power Strength 8 - 8:55 AM Linda (MPR)	Pilates 8 - 9 AM Linda (MPR)	Core & More 8 - 8:55 AM Angela (MPR)	Zumba 8 - 8:55 AM Linda (MPR)	Stretch & Balance 8 - 8:55 AM Angela (MPR)	Yoga 8 - 8:55 AM (MPR) Reena	
Total Body 9 - 9:55 AM Doreen (MPR)	Zumba 9 - 9:55 AM EJ (MPR)	Total Body 9 - 9:55 AM Angela (MPR)	Yoga 9 - 9:55 AM Luis (MPR)	Zumba 9 - 9:55 AM EJ (MPR)	Step & Abs 8 - 9 AM Cathy (Outside)	Pilates 9 - 10 AM Linda (MPR)
AquaFit 9:30 - 10:30 AM Lihan (Finne Pool)		AquaFit 8:45 - 9:45 AM Annemarie (Finne Pool)		Aqua Zumba 9:30 - 10:30 AM Lihan (Finne Pool)	Zumba 9 - 10 AM Lisette (MPR)	
Senior Fit ^{New} 10 - 11 AM Doreen (MPR)	Chair Yoga 10 - 11 AM EJ (MPR)	Senior Fit ^{New} 10 - 11 AM Doreen (MPR)	*Parkinson Fit ^{New} 10 - 11 AM Lihan (MPR)	Chair Fitness 10 - 10:55 AM Nancy (MPR)		
*Enhance Fitness 12:15 - 1:15 PM Doreen (MPR)		*Enhance Fitness 12:15 - 1:15 PM Doreen (MPR)	Aqua PI-YO 11:15 - 12 PM Lihan (Finne Pool)	*Enhance Fitness 12:15 - 1:15 PM Doreen (MPR)		

EVENING

Circuit Fitness ^{New} 6 - 6:55 PM Marilyn (MPR)	Cardio Blast ^{New} 6:30 - 6:55 PM Tracy (MPR)	Total Body 6:15 - 7:30 PM Nancy (MPR)	Yoga Flow 6 - 6:55 PM Lihan (MPR)
Zumba ^{New} 7 - 8 PM Lisette (MPR)	Line Dancing 7 - 7:55 PM Sari (MPR)		
	Cycling 7:15 - 8 PM Tracy (C)		Cycling ^{New} 7:15 - 8 PM Tracy (C)
	Aqua Zumba 7:30 - 8:15 PM Sobhana (Finne Pool)		

GROUP EXERCISE GUIDELINES

This schedule is subject to change.

Text alerts will be sent for any schedule changes or cancellations.

Participants are expected to put away all equipment used during class.

To register for text alerts, please visit the Front Desk or scan the QR code.

Participants must arrive within 10 minutes of the class start time. After 10 minutes, entry may not be permitted.

Classes are available on a first-come, first-served basis.

Group Exercise participants are advised to consult with a physician before beginning any exercise program.

*Pre-registration required.

ROOM KEY

MPR - Multi-Purpose Room
C - Cycling Studio
G - Basketball Gym

SMALL GROUP TRAINING SCHEDULE

All SGT classes run in 7- or 8-week sessions and require registration and fee payment prior to start of first class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Pickleball Coaching 10-11 AM		Fundamentals of Weight Training 5 - 6 PM	Pickleball Coaching 9 - 10 AM	Women on Weights 9 - 10 AM	

Thank you for being part of our YMCA community!

METUCHEN BRANCH YMCA

CLASS DESCRIPTIONS

CARDIO BLAST: 30 mins cardio training and body weight workouts.

CIRCUIT FITNESS: A fun, full-body workout that combines strength, cardio, and functional exercises at different stations. All fitness levels are welcome!

CORE & MORE: A core-focused workout designed to strengthen and stabilize your midsection, with added glute work and light weights to enhance overall strength and control.

CYCLING: Instructor-lead, non-impact cardio ride on specialized bikes simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. *Limited bikes are available

ENHANCE FITNESS: Is the Y's Arthritis Management Program, designed to meet the needs of active older adults and to decrease risk of falling. Class includes cardio exercise, weights, and balls.

LINE DANCING: A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows.

PARKINSON FIT: A supportive exercise class designed for individuals with Parkinson's disease, focusing on strength, balance, mobility, coordination, and overall fitness. All fitness levels are welcome.

PILATES: Pilates is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back, stretching, all done with chairs to assist. Everyone is welcome!

TOTAL BODY: Classes include cardiovascular, strength, and flexibility exercises with props.

SENIOR FIT: Chair optional total-body class. This class can be attended seated or standing. All moves can be modified by using your chair. The focus is on strength, range of motion, and flexibility.

SERENITY STRENGTH & POWER: Flexibility, stretching total body class introduces various techniques of flexibility training, strength and range of motion.

STEP & TONE: Using the Step as a conduit for a great cardio workout, you'll have fun while having fun working the entire body.

ZUMBA: Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

YOGA: Increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain.