



Metuchen YMCA

GROUP FITNESS SCHEDULE

January 5, 2026–March 7, 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) New	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 & Mediation New 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 New 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 (MPR)	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 New 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 New 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)	LOCATIONS: 1: MPR 2: Studio C: Cycling Studio		
	Cycling 7:15–8:00pm Tracy (C)					

♦ New Location/Time
♥ Active Older Adults