



Metuchen YMCA GYMNASIUM SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

September 16th – October 31st

MONDAY

Adults 18+
5:30am-7:15am

Group Fitness
7:30am-8:30am

Adults 18+
8:30am-10:00am

Pickleball
Beginner
10:00am-2:00pm

Teens
2:30pm-4:30pm

Adults 18+
4:30-6:00pm

YMCA Sports
6:00 pm-7:30 pm

Open Gym
7:45 pm-8:45 pm

TUESDAY

Adults 18+
5:30am-9:30am

Open Gym
10:00am-12:00pm

Adults 18+
12:00pm-2:15pm

Teens
2:30pm-5:00pm

Open Gym
5:00pm-6:30pm

Pickleball
6:30pm-8:45pm

WEDNESDAY

Open Gym
5:30am-7:15am

Group Fitness
7:30am-8:30am

Adults 18+
8:30am-10:00am

Pickleball
Intermediate
10:00am-12:00pm

Open Gym
12:00pm-2:00pm

Teens
2:30pm-5:45pm

Adults 18+
6:00pm-7:30pm

Open Gym
7:45 pm-8:45 pm

THURSDAY

Adults 18+
5:30am-9:30am

Pickleball
10:00am-2:00pm

Teens
2:30pm-4:30pm

Adults 18+
4:30pm-5:30pm

Open Gym
5:45pm-7:15pm

YMCA Sports
7:30pm-9:00pm

FRIDAY

Adults 18+
5:30am-7:45am

Group Fitness
8:00am-9:00am

Pickleball
Intermediate
10:00am-2:00pm

Teens
2:30pm-5:30pm

Open Gym
5:45pm-8:45pm

SATURDAY

Family Gym
7:00am-7:45am

Group Fitness
8:00am-9:00am

Pickleball
9:30am-12:30pm

Teens
1:00pm-3:45pm

SUNDAY

Adults 18+
7:00am-8:45am

Family Gym
9:00am-11:00am

Teens
11:15am-12:45pm

Family Gym
1:00pm-3:45pm



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!