



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ZOOM VIRTUAL WORKOUT SCHEDULE

YMCA OF METUCHEN, EDISON, WOODBRIDGE, AND SOUTH AMBOY

WEEK OF MAY 4, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8-9AM Total Body Angela	8-9AM Serenity, Power, and Strength Linda R	8-9AM Pilates Angela	8-9AM Zumba Linda R	8-9AM Total Body Angela	8-9am Strong by Zumba Bhavana	
9:15-10:30AM Yoga Shuchi	9:15-10:15AM Zumba EJ		9:15-10:15AM Pilates EJ	9:15-10:30AM Yoga Shuchi	9:15-10:30AM Yoga Shuchi	
11AM-12PM Enhance Fitness Tom		10-11AM Total Body Hannah			10:45-11:45AM BollyX Aanchal	
	12-12:45PM Fit for Life Jeanine	12:30-1:45PM Yoga Jhankhna	12-1PM Chair Fitness Elizabeth		12-12:45PM Chair Fitness Elizabeth	
5-5:45PM Total Body Hannah	5-6:15PM Yoga Sandy		5-6:15PM Yoga and Pranayama Jhankhna	4:30-5:45PM Pranayama Deep Breathing Jhankhna		
6-7PM Zumba Sakshi	6:30-7:15PM Strong by Zumba LiHan	6-7PM Zumba Sakshi	6:30-7:30PM BollyX Aanchal	6-7PM Zumba Sakshi		
7:30-8:30 Strong by Zumba Bhavana	7:30-8:45PM Pranayama Deep Breathing Shuchi	7:15-8:30 Yoga Sandy				