

The Gateway Family YMCA - Wellness Center Branch

Facility and Program Services

1000 Galloping Hill Road, Union NJ

908-349-9622

FACILITY

- 5,000 SQUARE FOOT Health & Wellness Center, featuring 30 of the latest cardio machines, 21 strength and 10 circuit training machines, as well as Iron grip free weight equipment
- Kinesis Center which uses four Kinesis modules to help build balance, flexibility and strength
- Multi-Purpose Studios for group exercise programs
- Designated cycle studio
- Circuit
- Locker rooms, showers and other personal care amenities
- Conference Rooms for facility rental and programs
- Hydromassage

PROGRAM

- Over 100 innovative and traditional Adult Wellness programs including Zumba, Yoga, Pound Fitness, Pilates, and High Intensity programs
- Child Watch babysitting services
- LiveSTRONG at the YMCA program for Cancer survivors
- Diabetes Prevention Program
- Enhanced Fitness for those with arthritis
- Free Get Started Session with Wellness Coaches
- Ample parking