



THE GATEWAY FAMILY YMCA - RAHWAY BRANCH

FALL I GROUP EXERCISE AND WATER FITNESS CLASS SCHEDULE September 5 - October 29

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle * Class resumes 9/11 6:00-6:45 am Donna • Studio				
Aqua Cardio 8:00-8:45am Pool	Total Water Fitness 9:00-9:45am Pool		Total Water Fitness 9:00-9:45am Pool	Aqua Jogging 9:00-9:30am Pool	Gentle Yoga 8:45-9:45am Mona • APR
Aqua Stretch & Flex 9:00-9:45am Pool	Zumba® 9:00-9:45am EJ • 2nd floor	Aqua Stretch & Flex 9:00-9:45am Pool	Zumba® 9:00-9:45am JoAnn • 2nd floor	Zumba® 9:00-9:45am EJ • 2nd Floor	Boot Camp 9:00-10:00am Jehovah • Gym
Zumba® Gold 10:15-11:00am Paola • 2nd floor	Stretch & Tone 10:00-11:00am EJ • Studio/APR			Oodles of Noodles 9:30-10:00 am Pool	Zumba® 10:00-11:00am Robin • 2nd Floor
	Silver Sneakers 10:30-11:15am JoAnn • 2nd Floor	Silver Sneakers 10:30-11:15am Leeanne • 2nd Floor	Chair Yoga 10:30-11:15am Shaheda • 2nd Floor	Pilates 10:00-11:00am EJ • APR	Kickboxing & More 11:15-12:00pm Diane • Studio
Silver Sneakers 11:15-12:00pm Leeanne • 2nd floor		Women Only Strength Circuit 11:30- 12:00pm Leeanne • Circuit	Silver Sneakers 11:15-12:00pm Leeanne • 2nd Floor		
Boot Camp 6:00-7:00pm Jehovah • 2nd Floor	Core & Abs 6:00-7:00pm Jehovah • 2nd Floor	Kettle Bell 6:00-7:00pm Jehovah • 2nd Floor	Cardio Strength Training 6:00-7:00 Leeanne • Strength Center		
Cardio Dance 7:00-8:00pm Egypt • Studio	HITT 7:00-8:00pm Jehovah • 2nd Floor		Cycle * Class resumes 9/14 7:00-7:45pm Donna • Studio		
Yoga 7:10-8:10pm Mona • 2nd floor	Zumba® 7:15-8:15pm Victoria • GYM	Zumba® 7:15-8:15pm Robin •	Aqua Cardio 7:15-8:00pm Pool		
	Total Water Fitness 7:15-8:00 pm Pool	Rahway Train Station through September	Pilates * Class resumes 9/14 8:00-8:45pm Donna • Studio		

To download our App for most up to date schedules, please visit your App store and download **The Gateway Family YMCA App**.

PERSONAL TRAINING

Work individually with a personal trainer for a program designed to fit your needs and ensure you meet your goals.

One 60-Minute Session \$60.00
Five 60-Minute Session \$200.00
Ten 60-Minute Session \$300.00

Please visit the Welcome Center for more information.



Group Exercise Classes are **INCLUDED WITH YOUR MEMBERSHIP**

12 years old +
Classes are First-Come, First-serve
Please register at the
Welcome Center.

We recommend you bring your own yoga

MEMBER REWARDS

Refer a friend and you both save 20% off your monthly draft.

Go to tgfymca.org/referral-program

CHILDWATCH HOURS

AGES 2-11
Mon-Thu 5:30-8:30pm
Sat. 8:30-11:30am * Begins September 9

Be advised you should consult a physician prior to starting an exercise program