



IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | TGfYMCA.ORG | THE GATEWAY FAMILY YMCA
 YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
ZUMBA 9:15-10:00am JeanCarlo CYCLING 7:00-7:45pm Cynthia	ZUMBA 6:00-6:45pm Damaris	ZUMBA 9:15-10:00am JeanCarlo ENHANCE FITNESS 11:00-11:45am Rafael CYCLING 7:00-7:45pm Cynthia	ZUMBA 6:00-6:45pm Damaris <div style="border: 1px solid black; padding: 5px;"> GROUP LIFESTYLE BALANCE DIABETES PREVENTION PROGRAM* Thursdays 2:00-3:00pm Contact Rafael Cano, rcano@tgfymca.org </div>	ENHANCE FITNESS 11:00-11:45am Rafael	ZUMBA 11:00-12:00pm Awilda
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry ENHANCE FITNESS 10:15-11:15am Linda * Registration Required	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE* 9:00-10:00am Terry 10:00-10:45am Terry TAI CHI 10:30-11:30am Linda ZUMBA TONING I S 6:30-7:15pm Terry	ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE* 9:00-10:00am Gerry 10:00-10:45am Gerry ENHANCE FITNESS 10:15-11:15am Linda	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE* 9:00-10:00am Diana 10:00-10:45am Diana TAI CHI 10:30-11:30am Linda	WATER EXERCISE* 9:00-10:00am Terry 10:00-10:45am Terry ZUMBA GOLD 9:15-10:00am Joanna ENHANCE FITNESS 10:15-11:15am Linda	ZUMBA 8:00-9:00am Briana
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn ZUMBA 9:15-10:00am JoAnn	H2O RUNNING 9:00-9:30am Carolyn AQUA ABS 9:30-10:00am Carolyn SILVERSNEAKERS 9:15-10:00am Laura	DEEP WATER EXERCISE 9:00-9:45am Carolyn PILATES 9:30-10:30am EJ TOTAL BODY WORKOUT 7:00-8:00pm Tracy	SILVERSNEAKERS 9:15-10:00am Laura YOGA 7:00-8:00pm Jenneira <div style="border: 1px solid black; padding: 5px;"> DIABETES MANAGEMENT PROGRAM* Fridays 12:00-1:30pm (includes lunch) Register Online https://bit.ly/DMPRahway Or contact the Welcome Center </div>	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne	YOGA 8:15-9:15am Jenneira <div style="border: 1px solid black; padding: 5px; text-align: center;"> SUNDAY </div> YOGA 9:00-10:00am Luis
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
BUTTS & GUTS I S1 8:15-8:45am Paul YOGA I S1 9:00-10:00am Paul ZUMBA I S1 6:30-7:15pm Kimberly HIIT I S1 7:30-8:30pm Allison <div style="border: 1px solid black; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S4 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FITNESS I S1 10:30-11:15am Trish WALKING FOR WELLNESS* (Varies) 11:30-12:30pm Gwen CYCLING I S1 5:00-5:45pm Curtis YOGA I S4 5:30-6:30pm Lisa	YOGA I S4 9:00-10:00am Shaheda YOGA I S1 5:00-6:00pm Lisa TAI CHI I S1 6:30-7:30pm Rich YOGA I S4 7:30-8:30pm Donna	HIIT I S1 6:00-6:45am Kathy FIRM & FIT I S4 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FITNESS I S1 10:30-11:15am Trish ZUMBA I S1 6:30-7:15pm Kimberly YOGA I S1 7:30-8:30pm Lisa <div style="border: 1px solid black; padding: 5px;"> GROUP LIFESTYLE BALANCE—DIABETES PREVENTION PROGRAM* Virtual Program Available—Contact Paul, bpsm@tgfymca.org </div>	BACK TO ABS I S1 8:15-8:45am Paul BODY WORKS I S1 9:00-9:45am Paul ZUMBA I S1 6:30-7:15pm Briana	YOGA I S4 8:00-9:00am Lisa CYCLING I S1 9:30-10:15am Kathy/Allison ZUMBA I S1 12:15-1:00pm Briana <div style="border: 1px solid black; padding: 5px; text-align: center;"> SUNDAY </div> YOGA I S4 8:00-9:00am Lisa YOUTH STRENGTH TRAINING* 1:00-1:45pm Age 10-13

VIRTUAL PROGRAMS AND ON-DEMAND VIRTUAL Y ALSO AVAILABLE

Register at www.tgfymca.org | Full Membership Required

NOVEMBER 2021