






IN-PERSON BRANCH GROUP EXERCISE SCHEDULE

REGISTRATION NOT REQUIRED UNLESS INDICATED* | [TGfYMCA.ORG](http://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					
CYCLING 9:15-10:00am Cynthia 	ZUMBA 6:15-7:00pm Anita	CYCLING 9:15-10:00am Cynthia ENHANCE FITNESS 11:00-11:45am Rafael ZUMBA 6:15-7:00pm Damaris	BOOT CAMP 6:00-7:00pm Cynthia	ENHANCE FITNESS 11:00-11:45am Rafael Blood Pressure Self-Monitoring 12:15-1:15pm Rafael BPSM Presetacion *** 2:00pm See Mobile App or Website ZUMBA 6:15-7:00pm Ana	ABS AND GLUTES 11:00-11:45am Rafael SPANISH DIABETES PREVENTION PROGRAM* 10:00-11:00am Rafael 908-355-9622
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
ACTIVE OLDER ADULTS 9:00-10:00am Linda WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry 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 Terry 10:00-11:00am Terry TAI CHI 10:30-11:30am Linda ZUMBA TONING I S 6:45-7:30pm Terry AQUA ZUMBA 7:45-8:30pm Terry	WATER EXERCISE 8:00am-9:00am Terry 9:00am-10:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda 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 10:00-11:00am Diana TAI CHI 10:30-11:30am Linda	WATER EXERCISE 9:00-10:00am Diana 10:00-11:00am Diana ENHANCE FITNESS 10:15-11:15am Linda 	
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn ZUMBA 4:00-4:45pm JoAnn	BLOOD PRESSURE SELF-MONITORING 8:00-9:00am Leeanne H2O RUNNING 9:00-9:30am Carolyn SILVERSNEAKERS 9:15-10:00am Laura AQUA ABS 9:30-10:00am Carolyn YOUTH STRENGTH TRAINING* Age 8-12 5:00-6:00pm	AQUA YOGA 9:00-9:45am Carolyn PILATES 9:30-10:30am EJ POWER YOGA 6:00-7:00pm Caitlin	SILVERSNEAKERS 9:15-10:00am Leeanne DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway TEEN FITNESS* 5:00-6:00pm	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am Joanne	YOGA 9:15-10:15am Luis
<div style="border: 1px solid black; padding: 5px; text-align: center;"> PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE! Personal Training Available at Elizabeth, Rahway & Wellness Center Branches. 4 Sessions - 45 Minutes, Schedule with your Branch </div>					
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am Jacob BUTTS & GUTS I S1 8:15-8:45am Wendy YOGA I S1 9:00-10:00am Andrea GROUP DANCE FOR HEALTHY LIFESTYLE I S1 10:15-11:00am Jan ENHANCE FITNESS I S1 11:15-12:15pm Martha CHAIR YOGA I S4 11:30-12:15pm JoAnn BODY PUMP I S1 (December Only) 5:30-6:30pm Kelly BARRE I S4 6:30-7:30pm Allison ZUMBA I S1 7:30-8:15pm Kimberly	HIIT I S1 6:00-6:45am Kathy CYCLING I S 9:00-9:45am Curtis FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy STANDING CHAIR FIT I S1 10:30-11:15pm Trish WALKING FOR WELLNESS* 11:30-12:30pm Gwen CYCLING I S 6:15-7:15pm Staff YOGA I S4 6:00-7:00pm Lisa <div style="border: 1px solid black; padding: 2px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>	CYCLING I S 6:00-6:45am Jacob YOGA I S4 9:00-10:00am Shaheda BLOOD PRESSURE SELF-MONITORING 10:00-11:00am Jodi CHAIR YOGA I S4 10:15-11:00am Shaheda ENHANCE FITNESS I S1 11:15-12:15pm Martha SILVERSNEAKERS I S1 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan YOGA I S4 6:00-7:00pm Lisa ZUMBA I S1 7:00-7:45pm Taryn	HIIT I S1 6:00-6:45am Kathy BLOOD PRESSURE SELF-MONITORING 9:00-10:00am Jodi FIRM & FIT I S1 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 7:30-8:15pm Kimberly RESTORATIVE YOGA I S4 7:30-8:30pm Lisa *2 Blankets Required	BODY PUMP I S1 (December Only) 9:00-10:00am Kelly CHAIR YOGA I S1 11:30-12:15pm JoAnn SILVERSNEAKERS I S1 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan ZUMBA DANCE PARTY S1 7:00-8:00pm Awilda 	YOGA I S4 8:00-9:00am Lisa ZUMBA I S1 10:00-11:00am Awilda CYCLING I S 9:30-10:15am Kathy/Allison <div style="background-color: #d3d3d3; padding: 2px; text-align: center;">SUNDAY</div> VINYASA YOGA I S4 8:00-9:00am Lisa PIYO I S1 8:00-9:00am Fabiola CYCLING I S 9:15-10:00am Fabiola YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm
<div style="border: 1px solid black; padding: 5px;"> BURN THE TURKEY! ADDITIONAL CLASSES Friday, 11/25 tgfymca.org/events </div>					

Fall 2 2022 10/31-12/24 Virtual Programs, On Demand and YMCA360 Available!

Register at www.tgfymca.org | Full Membership Required, with the exception of programs in Purple

Fall 2 2022