



# IN-PERSON BRANCH INSTUDIO GROUP EXERCISE SCHEDULE



InStudio



InStudio is an innovative fitness platform combining the in-person group experience with digital programs & instructors from across the country!

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	SUNDAY
<b>WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union</b>						
<b>YBOX</b> S1 INSTUDIO 5:45-6:30pm   Jessie  <b>TAI CHI FUSION</b> S1 INSTUDIO 6:45-7:15pm   Amy	<b>HIIT</b> S1 INSTUDIO 7:15-7:50pm   Kelly	<b>MINDFULNESS COOL DOWN</b> S1 INSTUDIO 8:00-8:30am   Adomis  <b>HIIT</b> S1 INSTUDIO 6:00-6:36pm   Jessie	<b>POWER YOGA 3</b> S1 INSTUDIO 8:15-8:45am   Danny	<b>YBOX</b> S1 INSTUDIO 10:30-11:15am   Jackie	<b>ALL SITTING CHAIR YOGA</b> S1 INSTUDIO 8:15-8:50am   Jan  <b>FAMILY PIRATE SHIP PLAY DATE</b> S1 INSTUDIO 11:30-11:54am   Corrie  <b>STRETCH &amp; STRENGTH FOR KIDS</b> S1 INSTUDIO 2:00-2:30pm   Lindsay	<b>FAMILY PILATES FOR KIDS</b> S1 INSTUDIO 12:00-12:27pm   Polly
<b>FIVE POINTS BRANCH 201 Tucker Avenue, Union</b>						
<b>SILVER STRENGTH</b> S INSTUDIO 9:00-9:50am   Bryce  <b>CHAIR STRETCH</b> S INSTUDIO 10:00-10:30am   Myrtha	<b>CARDIO DANCE</b> S INSTUDIO 8:00-8:45am   Shalen  <b>TAI CHI FUSION</b> S INSTUDIO 9:00-9:30am   Amy	<b>STRENGTH</b> S INSTUDIO 9:00-9:30am   Mary  <b>CHAIR YOGA</b> S INSTUDIO 9:30-10:15am   Tina	<b>STRENGTH</b> S INSTUDIO 8:00-8:30am   Paula  <b>TAI CHI</b> S INSTUDIO 8:45-9:30am   David & Angela	<b>ALL SITTING YOGA</b> S INSTUDIO 10:00-10:35am   Janice	<b>ANIMAL HIIT FOR KIDS</b> S INSTUDIO 9:45-10:00am   Mary  <b>PILATES FOR KIDS</b> S INSTUDIO 10:00-10:30am   Polly	<b>STRENGTH FOR KIDS</b> S INSTUDIO 9:30-10:00am   Lindsay  <b>TRAVEL &amp; STRETCH FOR KIDS</b> S INSTUDIO 10:15-10:45am   Corri

SEPTEMBER 5—OCTOBER 29 Virtual Programs, On Demand and YMCA360 also Available!

FALL 1 2023

Register at [www.tgfymca.org](http://www.tgfymca.org) | Full Membership Required Age 12+ for all classes, Programs noted as FOR KIDS or FAMILY are for all ages, Parent Supervision Required