



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 | THE GATEWAY FAMILY YMCA
YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE

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

OCTOBER 30—DECEMBER 31 Virtual Programs, On Demand and YMCA360 also Available!

FALL 2 2023

Register at 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



IN-PERSON BRANCH INSTUDIO GROUP EXERCISE SCHEDULE

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 | THE GATEWAY FAMILY YMCA
YMCA GROUP EXERCISE CLASS ENTRY IS FIRST COME, FIRST SERVE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth						
HIP OPENER SERIES LL INSTUDIO 12:00-12:13pm Janice	CARDIO DANCE 1 LL INSTUDIO 7:15-7:49am Sarah YOGA EXPRESS LOWER BODY LL INSTUDIO 8:00-8:26am Alyssa TAI CHI FUSION LL INSTUDIO 12:00-12:20pm Amy CARDIO DANCE 5 LL INSTUDIO 8:15-8:45pm Frances	CARDIO DANCE 2 LL INSTUDIO 7:15-7:49am Sarah YOGA EXPRESS UPPER BODY LL INSTUDIO 8:00-8:26am Alyssa HIP OPENER SERIES LL INSTUDIO 12:00-12:13pm Janice	CARDIO DANCE 1 LL INSTUDIO 7:15-7:49am Sarah YOGA EXPRESS LOWER BODY LL INSTUDIO 8:00-8:26am Alyssa TAI CHI FUSION LL INSTUDIO 12:00-12:20pm Amy CARDIO DANCE 5 LL INSTUDIO 8:15-8:45pm Frances	VINYASA YOGA 1 LL INSTUDIO 7:15-8:00am Margy YOGA EXPRESS UPPER BODY LL INSTUDIO 8:00-8:26am Alyssa HIP OPENER SERIES LL INSTUDIO 12:00-12:13pm Janice	VINYASA YOGA 5 LL INSTUDIO 8:15-9:00am Margy BASKETBALL SHOOTING DRILLS SG INSTUDIO 9:15-9:30am Tunde	
RAHWAY BRANCH 1564 Irving Street, Rahway RAHWAY BRANCH CLASSES BEGIN NOVEMBER 24TH						
TAI CHI FUSION S INSTUDIO 6:00-6:30pm Amy CARDIO DANCE 1 S INSTUDIO 7:00-7:30pm Sarah	CYCLE 8 S INSTUDIO 6:00-6:45pm Desiree RESISTANCE TUBE CIRCUIT 1 S INSTUDIO 7:00-8:00pm Amy	TAI CHI FUSION S INSTUDIO 6:00-6:30pm Amy CARDIO DANCE 1 S INSTUDIO 7:00-7:30pm Sarah	CYCLE 8 S INSTUDIO 6:00-6:45pm Desiree RESISTANCE TUBE CIRCUIT 1 S INSTUDIO 7:00-8:00pm Shalen		CYCLE EXPRESS 14 S INSTUDIO 8:30-9:15am Nicky FIT FOR LIFE S INSTUDIO 9:15-10:00am Kari	

DECEMBER 1—DECEMBER 31 Virtual Programs, On Demand and YMCA360 also Available!

DECEMBER 2023

Register at 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