



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						
LOW IMPACT CARDIO S1 INSTUDIO 10:15-11:15am Shalen	CARDIO DANCE S1 INSTUDIO 11:30-12:15pm Laura	MINDFULNESS COOL DOWN S1 INSTUDIO 8:00-8:30am Adomis HIIT S1 INSTUDIO 6:00-6:36pm Jessie	LOW IMPACT CARDIO S1 INSTUDIO 11:30-12:30pm Shalen POWER YOGA 3 S1 INSTUDIO 8:15-8:45am Danny	HITT S1 INSTUDIO 8:00-8:40am Jessie	ALL SITTING CHAIR YOGA S1 INSTUDIO 8:15-8:50am Jan FAMILY PIRATE SHIP PLAY DATE S1 INSTUDIO 11:30-11:54am Corrie STRETCH & STRENGTH FOR KIDS S1 INSTUDIO 2:00-2:30pm Lindsay	FAMILY PILATES FOR KIDS S1 INSTUDIO 12:00-12:27pm Polly
FIVE POINTS BRANCH 201 Tucker Avenue, Union						
SILVER STRENGTH S INSTUDIO 9:00-9:50am Bryce CHAIR STRETCH S INSTUDIO 10:00-10:30am Myrtha	CARDIO DANCE S INSTUDIO 8:00-8:45am Shalen TAI CHI FUSION S INSTUDIO 9:00-9:30am Amy	STRENGTH S INSTUDIO 9:00-9:30am Mary CHAIR YOGA S INSTUDIO 9:30-10:15am Tina	STRENGTH S INSTUDIO 8:00-8:30am Paula TAI CHI S INSTUDIO 8:45-9:30am David & Angela	ALL SITTING YOGA S INSTUDIO 10:00-10:35am Janice	ANIMAL HIIT FOR KIDS S INSTUDIO 9:45-10:00am Mary PILATES FOR KIDS S INSTUDIO 10:00-10:30am Polly	STRENGTH FOR KIDS S INSTUDIO 9:30-10:00am Lindsay TRAVEL & STRETCH FOR KIDS S INSTUDIO 10:15-10:45am Corri

JANUARY 2 –FEBRUARY 25 Virtual Programs, On Demand and YMCA360 also Available!

WINTER 2024

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



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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						
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	

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