



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

WINTER 2024
JANUARY 2—FEBRUARY 25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
WATER EXERCISE 9:00-10:00am Staff 10:00-11:00am Staff ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda STRETCH & FLEX 6:30-7:30pm Lucero	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 9:00-10:00am Staff 10:00-11:00am Staff TAI CHI 10:30-11:30am Linda ZUMBA TONING 6:45-7:30pm Terry WATER EXERCISE 7:45-8:30pm Staff	WATER EXERCISE 8:00-9:00am Staff 9:00-10:00am Staff 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	
WELLNESS CENTER BRANCH 1000 Galloping Hill Road, Union					
CYCLING I S 6:00-6:45am Garnet BUTTS & GUTS I S1 8:15-8:45am Wendy YOGA I S4 9:00-10:00am Andrea ZUMBA I S1 9:00-10:00am Garnet DANCE FOR HEALTHY LIFESTYLE I S1 10:15-11:15am Jan ENHANCE FITNESS I S1 11:15-12:15pm Martha ENHANCE FITNESS I S1 12:30-1:30pm Martha BODY HIIT S1 6:00-6:45pm Kelly (January Only) ZUMBA I S1 7:00-8:00pm Garnet	HIIT I S1 6:00-6:45am Kathy YIN YOGA I S4 9:00-10:00am Donna FIRM & FIT I S1 9:15-10:15am Wendy CYCLING I S 9:30-10:30am Curtis PILATES I S4 10:30-11:15am Wendy BLOOD PRESSURE SM 10:30-11:30am Jodi Community Members Welcome FIT & FIRM I S1 5:30-6:30pm MaryLou YOGA I S4 6:00-7:00pm Lisa CYCLING I S 6:15-7:15pm Fabiola STRENGTH & CORE I S1 7:00-8:00pm Taryn BARRE I S4 7:30-8:30pm Allison LATIN FUSION I S1 8:00-9:00pm Taryn	CYCLING I S 6:00-6:45am Garnet YOGA I S4 6:30-7:30am Lisa ZUMBA I S1 9:00-10:00am Garnet YOGA STRETCH & WALK IN PLACE (3000 STEPS) I S4 9:00-10:00am Donna CHAIR YOGA I S1 10:15-11:00am Andrea ENHANCE FITNESS I S1 11:15-12:15pm Martha 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 SM 9:00-10:00am Jodi Community Members Welcome FIRM & FIT I S1 9:15-10:15am Wendy PILATES I S4 10:30-11:15am Wendy ZUMBA I S1 5:00-6:00pm Garnett POWER YOGA I S4 6:15-7:00pm Fabiola BOOT CAMP I S1 6:15-7:00pm Cynthia ZUMBA I S1 7:30-8:15pm Kimberly RESTORATIVE YOGA I S4 7:30-8:30pm Lisa *2 Blankets Required	CYCLING I S 6:00-6:45am Garnet BODY WORKS I S4 9:00-9:45am MaryLou BODY PUMPI S1 9:00-10:00am Kelly Class Begins in Feb ZUMBA I S1 10:00-11:00am Garnet SILVERSNEAKERS I S4 11:30-12:15pm JoAnn CHAIR YOGA I S4 12:30-1:15pm JoAnn WISE CARDIO JAM I S1 2:00-3:00pm Susan ZUMBA DANCE PARTY I S1 6:00-7:00pm Awilda MOVIE NIGHTS All Ages 5-7pm 1/5, 2/2, 3/1 <div style="border: 1px solid purple; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>	YOGA I S4 8:00-9:00am Lisa BODY WORKS I S1 9:00-9:45am MaryLou CYCLING I S 9:30-10:15am Kathy/Allison ZUMBA I S1 10:00-11:00am Awilda <div style="background-color: #e0e0e0; text-align: center; padding: 5px;">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 ZUMBA I S1 9:30-10:30am Briana YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm

Classes begin on time. Please be courteous to your fellow members and arrive early.

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
STRENGTH TRAINING EQUIPMENT CLASS 8:30-9:15am Hugo ZUMBA 5:30-6:30pm Diana	CYCLING 9:15-10:00am Cynthia	BOOT CAMP 8:45-9:45am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia ZUMBA 5:30-6:30pm Diana	CYCLING 9:15-10:00am Cynthia	BOOT CAMP 9:15-10:15am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia BLOOD PRESSURE SM 12:15-1:15pm Rafael Community Members Welcome ZUMBA 5:30-6:30pm Diana	SPANISH DIABETES PREVENTION PROGRAM* 10:00-11:00am Rafael 908-355-9622 Community Members Welcome
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 11:30-12:15pm JoAnn FITNESS TOGETHER (Age 4+) 7:00-7:45pm Leeanne	BLOOD PRESSURE SM 8:00-9:00am Leeanne Community Members Welcome DEEP END WATER EXERCISE 9:00-9:45am Carolyn SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 10:30-11:30am Luis ZUMBA 7:00-7:45pm Garnet	AQUA YOGA 9:00-9:45am Carolyn CHAIR PILATES 9:30-10:30am EJ ZUMBA 10:45-11:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn CYCLING 6:00-6:45pm Cynthia STRENGTH 7:00-8:00pm Leeanne	WATER EXERCISE 9:00-9:45am Denise SILVERSNEAKERS 9:15-10:00am Leeanne DIABETES MANAGEMENT PROGRAM* 11:30-1:00pm (Includes lunch) Register Online https://bit.ly/DMPRahway Community Members Welcome	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn	YOGA 9:15-10:15am Luis FITNESS TOGETHER (Age 4+) 10:00-10:45am Leeanne

Classes begin on time. Please be courteous to your fellow members and arrive early.

PERSONAL TRAINING, SEMI-PRIVATE PERSONAL TRAINING, YOGA PRIVATE & SEMI-PRIVATE TRAINING AVAILABLE!
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4 Sessions - 45 Minutes, Schedule with your Branch

ALWAYS CONNECTED, STAYING INFORMED



THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP

