



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

SPRING 1 2024
 FEBRUARY 26-APRIL 21

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|---|
| FIVE POINTS BRANCH 201 Tucker Avenue, Union | | | | | |
| WATER EXERCISE 9:00-10:00am Terry 10:00-11:00am Terry 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 Terry 10:00-11:00am Terry TAI CHI 10:30-11:30am Linda ZUMBA TONING 6:45-7:30pm Terry WATER EXERCISE 7:45-8:30pm Terry | WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am Terry ACTIVE OLDER ADULTS 9:00-10:00am Linda ENHANCE FITNESS 10:15-11:15am Linda <div style="border: 2px solid purple; padding: 5px; text-align: center;"> YMCA SPECIAL EVENTS Membership Madness 3/28-3/30 Healthy Kids Day 4/20 Bring Your Friends to the Y! </div> | 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 <div style="border: 2px solid purple; padding: 5px; text-align: center;"> HAPPY EASTER! In observance of the holiday, YMCA branches & programs will be closed on Sunday, March 31st </div> | |
| 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 S4 10:15-11:00am Jan ENHANCE FITNESS I S1 11:15-12:15pm Martha ENHANCE FITNESS I S1 12:30-1:30pm Martha SLOW VINYASA YOGA I S4 5:30-6:30pm Shaheda BODY HIIT S1 6:00-6:45pm Kelly Class ends 4/15 ZUMBA I S1 7:00-8:00pm Garnet <div style="border: 1px solid purple; padding: 2px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div> | HIIT I S1 6:00-6:45am Kathy YIN YOGA I S4 9:15-10:15am 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 BOOT CAMP I S1 5:00-6:00pm Cynthia 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 ZUMBA I S1 9:00-10:00am Garnet YOGA STRETCH & WALK IN PLACE (3000 STEPS) I S4 9:15-10:15am Donna CHAIR YOGA I S1 10:15-11:00am Andrea BALANCE I S4 10:30-11:15am Walt 2/28, 3/27, 4/24 ENHANCE FITNESS I S1 11:15-12:15pm Martha WISE CARDIO JAM I S1 2:00-3:00pm Susan BOOK CLUB 5:00-6:00pm Every Other Wed beginning 1/31 FIRM & FIT I S1 5:30-6:30pm MaryLou YOGA I S4 6:00-7:15pm Lisa ZUMBA I S1 7:00-7:45pm Taryn | HIIT I S1 6:00-6:45am Kathy BODY WORKS I S1 8:00-8:45am Laura 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 TAI CHI I S1 6:30-7:30pm Rick 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 COFFEE TIME SOCIAL 9:00-12:00pm BODY WORKS I S4 9:00-9:45am MaryLou BODY PUMPI S1 9:00-10:00am Kelly Class ends 4/12 ZUMBA I S1 10:00-11:00am Garnet SILVERSNEAKERS I S1 11:30-12:15pm JoAnn CHAIR YOGA I S1 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 2/2, 3/1, 4/26, 5/31, 6/28 | YOGA I S4 8:00-9:15am 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 FAMILY ZUMBA I S1 11:15-12:15pm 3/2 & 4/20 <div style="background-color: #e0e0e0; text-align: center; padding: 5px;">SUNDAY</div> VINYASA YOGA I S4 8:00-9:15am 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 MEDITATION I S1 10:00-11:00am 2/18, 3/10, 4/14 & 5/19 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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SPRING 1 2024
 FEBRUARY 26—APRIL 21

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|---|--|---|
| ELIZABETH BRANCH 135 Madison Avenue, Elizabeth | | | | | |
| BOOTY TONE 6:00-6:45pm Katy | CYCLING 9:15-10:00am Cynthia ZUMBA 5:30-6:15pm Briana | BOOT CAMP 8:45-9:45am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia BODY PUMP CIRCUIT 6:00-6:45pm Vincet | 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 BODY PUMP CIRCUIT 6:00-6:45pm Vincet | YOGA 9:30-10:30am Monica 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 Staff CHAIR YOGA 11:30-12:15pm JoAnn FITNESS TOGETHER (Age 4+) 6:00-6:45pm Leeanne | BLOOD PRESSURE SM 8:00-9:00am Leeanne Community Members Welcome DEEP END WATER EXERCISE 9:00-9:45am Staff SILVERSNEAKERS 9:15-10:00am Leeanne YOGA 10:30-11:30am Luis ZUMBA 7:00-7:45pm Garnet | AQUA YOGA 9:00-9:45am Staff 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* 11:00-12:30pm (Includes lunch) March 7—April 11 Register Online https://bit.ly/DMPRahway Community Members Welcome | WATER AEROBICS 9:00-9:45am Staff CHAIR YOGA 10:00-10:45am JoAnn MEMBER SOCIAL EVENTS 10:30-11:45am Match Game! 2/16 Bingo! 3/15 Pictionary! 4/19 | YOGA 9:15-10:15am Luis FITNESS TOGETHER (Age 4+) 10:30-11:15am 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!
 Personal Training Available at Elizabeth, Rahway & Wellness Center Branches.
 4 Sessions - 45 Minutes, Schedule with your Branch

ALWAYS CONNECTED, STAYING INFORMED



THE GATEWAY FAMILY YMCA
 YMCA360 MOBILE APP

