



# 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>						
CHAIR YOGA S1 INSTUDIO 6:00-6:45am   Janice  <div style="border: 2px solid purple; padding: 5px;"> <p><b>HAPPY EASTER!</b></p>  <p>In observance of the holiday, YMCA branches &amp; programs will be closed on Sunday, March 31st</p> </div>	CARDIO DANCE S1 INSTUDIO 11:30-12:15pm   Laura	CHAIR YOGA S1 INSTUDIO 6:00-6:45am   Janice  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	CHAIR YOGA S1 INSTUDIO 6:00-6:45am   Janice  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
<b>FIVE POINTS BRANCH 201 Tucker Avenue, Union</b>						
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

FEBRUARY 26—APRIL 21 Virtual Programs, On Demand and YMCA360 also Available!

SPRING 1 2024

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



# 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](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>ELIZABETH BRANCH 135 Madison Avenue, Elizabeth</b>						
<b>HIP OPENER SERIES LL INSTUDIO</b> 12:00-12:13pm   Janice	<b>CARDIO DANCE 1 LL INSTUDIO</b> 7:15-7:49am   Sarah  <b>YOGA EXPRESS LOWER BODY LL INSTUDIO</b> 8:00-8:26am   Alyssa  <b>TAI CHI FUSION LL INSTUDIO</b> 12:00-12:20pm   Amy  <b>CARDIO DANCE 5 LL INSTUDIO</b> 8:15-8:45pm   Frances	<b>CARDIO DANCE 2 LL INSTUDIO</b> 7:15-7:49am   Sarah  <b>YOGA EXPRESS UPPER BODY LL INSTUDIO</b> 8:00-8:26am   Alyssa  <b>HIP OPENER SERIES LL INSTUDIO</b> 12:00-12:13pm   Janice	<b>CARDIO DANCE 1 LL INSTUDIO</b> 7:15-7:49am   Sarah  <b>YOGA EXPRESS LOWER BODY LL INSTUDIO</b> 8:00-8:26am   Alyssa  <b>TAI CHI FUSION LL INSTUDIO</b> 12:00-12:20pm   Amy  <b>CARDIO DANCE 5 LL INSTUDIO</b> 8:15-8:45pm   Frances	<b>VINYASA YOGA 1 LL INSTUDIO</b> 7:15-8:00am   Margy  <b>YOGA EXPRESS UPPER BODY LL INSTUDIO</b> 8:00-8:26am   Alyssa  <b>HIP OPENER SERIES LL INSTUDIO</b> 12:00-12:13pm   Janice	<b>VINYASA YOGA 5 LL INSTUDIO</b> 8:15-9:00am   Margy  <b>BASKETBALL SHOOTING DRILLS SG INSTUDIO</b> 9:15-9:30am   Tunde	
<b>RAHWAY BRANCH 1564 Irving Street, Rahway</b>						
<b>TAI CHI FUSION S INSTUDIO</b> 6:00-6:30pm   Amy  <b>CARDIO DANCE 1 S INSTUDIO</b> 7:00-7:30pm   Sarah	<b>CYCLE 8 S INSTUDIO</b> 6:00-6:45pm   Desiree  <b>RESISTANCE TUBE CIRCUIT 1 S INSTUDIO</b> 7:00-8:00pm   Amy	<b>TAI CHI FUSION S INSTUDIO</b> 6:00-6:30pm   Amy  <b>CARDIO DANCE 1 S INSTUDIO</b> 7:00-7:30pm   Sarah	<b>CYCLE 8 S INSTUDIO</b> 6:00-6:45pm   Desiree  <b>RESISTANCE TUBE CIRCUIT 1 S INSTUDIO</b> 7:00-8:00pm   Shalen		<b>CYCLE EXPRESS 14 S INSTUDIO</b> 8:30-9:15am   Nicky  <b>FIT FOR LIFE S INSTUDIO</b> 9:15-10:00am   Kari	

**FEBRUARY 26—APRIL 21** Virtual Programs, On Demand and YMCA360 also Available!

**SPRING 1 2024**

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