



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						
CHAIR YOGA S1 INSTUDIO 6:00-6:45am Janice <div style="border: 2px solid purple; padding: 5px; width: fit-content;"> <p>MEMORIAL DAY</p> <p>In observance of the holiday, YMCA branches & programs will be closed on Monday, May 27</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	LOW IMPACT CARDIO S1 INSTUDIO 11:30-12:30pm Shalen	CHAIR YOGA S1 INSTUDIO 6:00-6:45am Janice	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

APRIL 22—JUNE 23 Virtual Programs, On Demand and YMCA360 also Available!

SPRING 2 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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