



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

SUMMER 2024
 JUNE 24—JUL Y 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FIVE POINTS BRANCH 201 Tucker Avenue, Union					
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 STRETCH & FLEX 6:30-7:30pm Lucero	ACTION AGAINST ARTHRITIS 8:00-9:00am Linda 9:15-10:15am Linda WATER EXERCISE 8:00-9:00am Terry 9:00-10:00am 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 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 8:00-9:00am Beth 9:00-10:00am Beth TAI CHI 10:30-11:30am Linda	WATER EXERCISE 8:00-9:00am Diana 9:00-10:00am Diana ENHANCE FITNESS 10:15-11:15am Linda <div style="border: 2px solid purple; padding: 5px; text-align: center;"> 4TH OF JULY In observance of the holiday, the Y Branches & Programs will be closed. </div>	
All Classes begin on time. Please be courteous to your fellow members and arrive early.					
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 CORE EXPRESS I S1 6:15-6:45pm Monica ZUMBA I S1 7:00-8:00pm Garnet	HIIT I S1 6:00-6:45am Kathy WALKING CLUB 9:30-10:30am Gwen 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 <i>Community Members Welcome</i> 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 5/29, 6/26 ENHANCE FITNESS I S1 11:15-12:15pm Martha WISE CARDIO JAM I S1 2:00-3:00pm Susan 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 BLOOD PRESSURE SM 9:00-10:00am Jodi <i>Community Members Welcome</i> 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 <div style="border: 2px solid purple; padding: 5px;"> STUDIO KEY S = Studio S1 = Studio 1 S4 = Studio 4 * = Registration Required </div>	CYCLING I S 6:00-6:45am Garnet COFFEE TIME SOCIAL 9:00-12:00pm ZONE Z CARDIO I S1 8:00-8:45am Laura BODY WORKS I S4 9:00-9:45am MaryLou 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 5:00-7:00pm 6/28, 7/26, 8/23	YOGA I S4 8:00-9:15am Lisa CORE EXPRESS I S1 8:15-8:45am Monica 7/6, 7/13, 8/3, 8/10 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 RESTORATIVE YOGA I Lisa 10:00-11:00am 7/6, 8/3 YOUTH STRENGTH TRAINING* Age 10-13 12:00-1:00pm
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					SUNDAY
					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 YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm



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SUMMER 2024
JUNE 24—JULY 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELIZABETH BRANCH 135 Madison Avenue, Elizabeth					
BOOTY TONE 6:15-7:00pm Katy	CYCLING 9:15-10:00am Cynthia ZUMBA 5:30-6:15pm Briana	BOOT CAMP 9:15-10:00am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia BODY PUMP CIRCUIT 6:15-7:00pm Vincet	CYCLING 9:15-10:00am Cynthia	BOOT CAMP 9:15-10:00am Cynthia ACTIVE ADULTS 11:00-11:45am Cynthia BLOOD PRESSURE SM 12:15-1:15pm Rafael Community Members Welcome BODY PUMP CIRCUIT 6:15-7:00pm 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 6:00-6:45pm 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) July 11—August 15 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 Dates TBA	YOGA 9:15-10:15am Luis

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

