



# 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>						
<b>ALL SITTING CHAIR YOGA</b> <b>S1 INSTUDIO</b> 6:00-6:45am   Janice	<b>CARDIO DANCE</b> <b>S1 INSTUDIO</b> 11:30-12:15pm   Laura	<b>ALL SITTING CHAIR YOGA</b> <b>S1 INSTUDIO</b> 6:00-6:45am   Janice  <b>MINDFULNESS COOL DOWN</b> <b>S1 INSTUDIO</b> 8:00-8:30am   Adomis	<b>CARDIO</b> <b>S1 INSTUDIO</b> 11:30-12:15pm   Shalen	<b>ALL SITTING CHAIR YOGA</b> <b>S1 INSTUDIO</b> 6:00-6:45am   Janice	<b>FAMILY PIRATE SHIP PLAY DATE</b> <b>S1 INSTUDIO</b> 11:30-11:54am   Corrie  <b>STRETCH &amp; STRENGTH FOR KIDS</b> <b>S1 INSTUDIO</b> 2:00-2:30pm   Lindsay	<b>FAMILY PILATES FOR KIDS</b> <b>S1 INSTUDIO</b> 12:00-12:27pm   Polly
<b>FIVE POINTS BRANCH 201 Tucker Avenue, Union</b>						
<b>SILVER STRENGTH</b> <b>S INSTUDIO</b> 9:00-9:50am   Bryce  <b>CHAIR STRETCH</b> <b>S INSTUDIO</b> 10:00-10:30am   Myrtha	<b>CARDIO DANCE</b> <b>S INSTUDIO</b> 8:00-8:45am   Shalen  <b>TAI CHI FUSION</b> <b>S INSTUDIO</b> 9:00-9:30am   Amy	<b>STRENGTH</b> <b>S INSTUDIO</b> 9:00-9:30am   Mary  <b>CHAIR YOGA</b> <b>S INSTUDIO</b> 9:30-10:15am   Tina	<b>STRENGTH</b> <b>S INSTUDIO</b> 8:00-8:30am   Paula  <b>TAI CHI</b> <b>S INSTUDIO</b> 8:45-9:30am   David & Angela	<b>ALL SITTING YOGA</b> <b>S INSTUDIO</b> 10:00-10:35am   Janice	<b>ANIMAL HIIT FOR KIDS</b> <b>S INSTUDIO</b> 9:45-10:00am   Mary  <b>PILATES FOR KIDS</b> <b>S INSTUDIO</b> 10:00-10:30am   Polly	<b>STRENGTH FOR KIDS</b> <b>S INSTUDIO</b> 9:30-10:00am   Lindsay  <b>TRAVEL &amp; STRETCH FOR KIDS</b> <b>S INSTUDIO</b> 10:15-10:45am   Corri

SEPTEMBER 3—OCTOBER 27 Virtual Programs, On Demand and YMCA360 also Available!

FALL 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



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

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