



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

FALL 1 2024
 SEPTEMBER 3—OCTOBER 27

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 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 9:00-10:00am Beth 10:00-11:00am Beth 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;"> SENIOR HEALTH & FITNESS DAY—OCTOBER 16 Join us in ALL Branches! Open to Community Members </div>	
<div style="border: 1px solid purple; padding: 5px;"> All Classes begin on time. Please be courteous to your fellow members and arrive early. </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 6:00-6:45pm Shaheda BODY PUMP I S1 6:00-6:45pm Kelly ZUMBA I S1 7:00-8:00pm Garnet CORE EXPRESS I S1 8:15-8:45pm Monica	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 LIVESTRONG AT THE Y* 1:00-2:00pm 9/17-12/5 BOOT CAMP I S1 5:00-6:00pm Cynthia FIRM & FIT I S1 6:00-6:45pm MaryLou 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 YIN YOGA I S4 9:15-10:15am Donna CHAIR YOGA I S1 10:15-11:00am Andrea BALANCE I S4 10:30-11:15am Walt 9/25, 10/30 ENHANCE FITNESS I S1 11:15-12:15pm Martha WISE CARDIO JAM I S1 2:00-3:00pm Susan YOGA I S4 6:00-7:15pm Lisa ZUMBA I S1 7:00-7:45pm Taryn CIRCUIT TRAINING I S1 8:00-8:45pm Monica	HIIT I S1 6:00-6:45am Kathy 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 LIVESTRONG AT THE Y* 1:00-2:00pm 9/17-12/5 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: 1px 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 2 CARDIO I S1 8:00-8:45am Laura BODY PUMP I S1 9:00-9:45am Kelly BODY WORKS I S4 9:00-9:45am MaryLou DANCES AROUND THE WORLD I S4 on 9/19 10:00-11:00am Greg ZUMBA I S1 10:00-11:00am Garnet LINE DANCING I S5 10:00-11:00am on 10/25 Greg 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 9/27 & 10/25	YOGA I S4 8:00-9:15am Lisa CORE EXPRESS I S1 8:15-8:45am Monica 9/7, 9/14, 10/5, 10/12 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 9/7, 10/5, 11/2, 12/7
					SUNDAY
<div style="border: 2px solid purple; padding: 10px;"> 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 </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 YOUTH STRENGTH TRAINING* Age 10-13 11:00-12:00pm



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SEPTEMBER 3—OCTOBER 27

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 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael ZUMBA TONING 6:15-7:00pm Damaris	BOOT CAMP 9:00-9:45am Cynthia ENHANCE FITNESS ARTHRITIS MANAGEMENT 11:00-11:45am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	CYCLING 9:15-10:00am Cynthia 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael	BOOT CAMP 9:00-9:45am Cynthia ENHANCE FITNESS ARTHRITIS MANAGEMENT 11:00-11:45am Cynthia BLOOD PRESSURE SM 12:15-1:15pm Rafael <i>Community Members Welcome</i> 7TH GRADE INITIATIVE WELLNESS PROGRAM (7th Graders Only) 3:15-4:15pm Rafael BOOT CAMP 6:15-7:00pm Cynthia	YOGA 9:30-10:30am Monica <i>(Limited Space—Please Sign in at Welcome Center)</i>
Classes begin on time. Please be courteous to your fellow members and arrive early.					
RAHWAY BRANCH 1564 Irving Street, Rahway					
WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 11:30-12:15pm JoAnn FITNESS TOGETHER (Age 4+) 6:00-6:45pm Leeanne	BLOOD PRESSURE SM 8:00-9:00am Leeanne <i>Community Members Welcome</i> ALL AROUND AQUA! 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 Carolyn CHAIR PILATES 9:30-10:30am EJ ZUMBA 10:45-11:30am EJ SILVERSNEAKERS 12:30-1:15pm JoAnn CYCLING 5:00-5:45pm Cynthia MEMBER SOCIAL EVENTS 5:00-6:45pm 9/18 & 10/16 <i>Community Members Welcome</i> 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) 10/3—11/7 Register Online https://bit.ly/DMPRahway <i>Community Members Welcome</i>	WATER AEROBICS 9:00-9:45am Carolyn CHAIR YOGA 10:00-10:45am JoAnn MEMBER SOCIAL EVENTS 10:30-11:45am 9/20 & 10/18 <i>Community Members Welcome</i>	YOGA 9:15-10:15am Luis

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

Schedule is subject to change. Please follow our Mobile App for updates.

ALWAYS CONNECTED, STAYING INFORMED



**THE GATEWAY FAMILY YMCA
YMCA360 MOBILE APP**

